Science of Being:27 Lessons

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Lessons 19-27

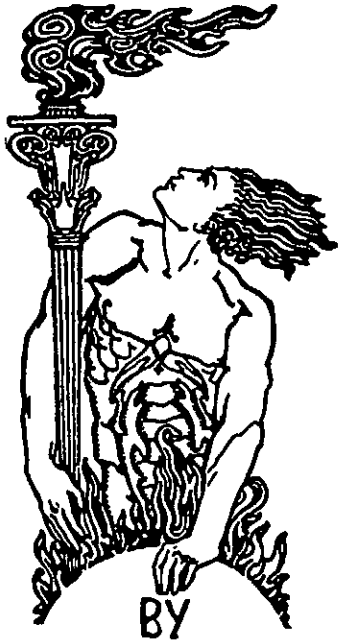
Soul

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LESSON NINETEEN

"KNOW THYSELF AND THOU SHALT KNOW ALL"

SCIENCE OF BEING



BY

EUGENE FERSEN

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SCIENCE  *of* BEING

ANSWERS TO LESSON EIGHTEEN

1. Cosmic Mind is:
 The Universal Source from which all knowledge is derived, the Second of the Four Main Aspects in which Universal Life Energy manifests Itself.
2. It is distinguished from Subconsciousness:
 By the fact that it is Limitless and Perfect, in contrast to the limited and imperfect Subconscious supply of knowledge, corrupted by Conscious perversions and confined to the bounds of human experience.
3. The mental and physical channels connecting Cosmic Mind with Consciousness are:
 Inspiration, whose physical organ in the brain is the Pineal Gland.
4. The Law put into action in contacting Cosmic Mind is:
 The Law of Demond and Supply.
5. The condition that must prevail in the individual to enable that Law to function properly is:
 A condition of absolute tranquility and harmony, free from any stress that might interfere with complete relaxation mentally and physically.
6. Intuition is:
 Conscious perception of information received from

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Cosmic Mind through Inspiration.

7. Its relation to Reason is:
 Reason opposes Intuition, unwilling to accept new knowledge for which no confirming precedent exists in Subconsciousness.
8. The EVER PRESENT NOW is:
 The single and only instant of actual life.
9. The value of the Past is:
 To reveal the flaws in character responsible for errors, thus showing the individual how to guard against similar mistakes in the Present.
10. The danger of the Future is:
 The dream it holds, which, uncontrolled, may dominate you and drink up energies and attention meant to be expressed in constructive activity NOW.
11. Power and Greatness are achieved:
 By ACTION, to which dreams, memories, faculties and powers are all coordinated and directed.
12. It is possible to become a MASTER MIND:
 By clearing away, through your knowledge of Mind and the constant intelligent use of Universal Life Energy, the successive films of limitations and false concepts which obscure the fundamental perfection of your Mind.



Dear Friend:

In this Lesson you are brought over the border of that Mental Realm to which the Second of this Triune Series was devoted and are introduced to the last and greatest of the Three Planes of Being which it is our privilege to explore.

The Soul, that unseen Foundation of your Identity and Existence, will be perceived and examined through its manifestations in yourself. Its origin, veiled in mystery and enveloped in a misty fog of theory which has steamed up out of the human Mind to obscure it as vapors rise to hide the sun, will be revealed to you through the clear lens of Science. You will see its boundless wealth of qualities and powers spread lavishly before you, waiting to be brought within the sphere of your life and used there by you.

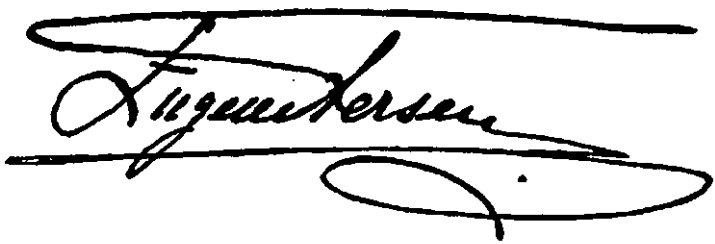
How the Soul pours its bounty into expression through your Mental Doors and through your Body, flooding you with its own limitless Strength, Knowledge and Harmony if you only open the way, will be explained also. You will discover how to pierce the narrow human walls which hem you in and gain ready access to that vast treasury which is rightfully your own.

The understanding you obtain in this Lesson will give you the perspective of which you have always felt the



lack, not only in relation to the world of your fellow beings but, what is more essential, to the greater World out of which you have been born. You will know how to search out and recognize your own Identity and Individuality—how to "find Yourself." Once you have found that Real Self, you have accomplished one of the primary aims of every individual on the Plane of Existence, the Purpose which dictates the activities of all blindly seeking Humanity.

Cordially yours,



SCIENCE of BEING

LESSON NINETEEN

SUPREME POWER—PLANE OF HARMONY—SOUL

MANKIND have speculated about their immortal Souls ever since a dawning Human Consciousness first blotted out their direct knowledge of that Perfect Part of their Being. Religions have fostered a blind belief in its existence, great teachers have lit the fires of impassioned faiths to serve its ends, the voices of a thousand peoples in a thousand times have clamored down the ages their defiant assertion of its supremacy. Yet, far and clear above this emotional tumult born of a steadfast conviction in the hearts of men, echoes still the challenge of a Mind that cannot help but doubt—"Is there a Soul, and what is a Soul?"

Humanity, in this Material Age, is not satisfied merely to believe; it wants to know, to have irrefutable proofs that certain things are as they appear to be and not otherwise. Material Science has made astonishing discoveries on the Physical Plane. Mental Science is unearthing priceless information on the Plane of Mind. But Metaphysicians, vainly essaying the loftiest Plane of our being, have produced only clouds of elaborate theory conjured out of an unverified supposition that there is a Soul, iridescent bubbles of floating logic which burst and vanish at the query of an analytical Mind demanding "Prove to me



that the Soul exists, show me that unbroken transition from visible effect to invisible cause, so I can know definitely."

As Metaphysics deals only with what is beyond physical perception, it cannot exhibit actual proofs of that which it teaches. However well its reasoning may hang together in the abstract, there is no concrete fact to anchor its argument within reach of the practical rational Mind. It becomes therefore the task of the scientist, the physicist, to overbridge the hiatus between the two, correlating unseen Causes with visible Effects and extracting a satisfactory solution of the problem of the Soul's existence.

Starting therefore with the Physical Body, let us examine and classify what is apparent there in order to obtain a clear understanding of the nature of the unseen Cause behind it. Analyzing yourself as a Human Being, you discover four fundamental qualities out of which your whole complex life structure is erected, each retaining an identity peculiar to it alone yet all fused into a single unified expression, like the component elements in a clear drop of sea water.

First of these four qualities is Life. Without that the rest are dark and void. When you live, you are; when Life goes, you are not. It is the flame on the human wick which



draws all other qualities into luminous expression. Your body, living, proves your existence.

Second comes Mind. Life manifests itself through you in a conscious way. You are aware that you live, and you know that you are aware of it. You have the power to think.

Third in the sequence is Law. You see it working through your Physical Body, the automatic functioning of which is based on Law. Your Conscious Life also is not hap-hazard. You are able to think and act consecutively for your own greatest advantage. You perceive the Natural Laws within whose bounds you exist, and you realize that you must conform to those Laws in order to progress. Transgression of them, conscious or unconscious, must inevitably result in a corresponding measure of trouble, disease and disharmony of every kind, so your constant endeavor is to attune yourself to them to the best of your ability.

Finally, the quality that holds all together in that coherent Unit which is the individual is the power of Attraction, or Love. You do not disintegrate physically because the magnetic pull exercised by this Force glues cell to cell and flesh to bone. You seek to gratify desires because you are attracted emotionally to the thing you want by Love. Attraction is the more comprehensive scientific



term for a Power that is often regarded in only one application when spoken of as Love.

These Four, Life, Mind, Law (Truth) and Love, indissolubly knit into one Unit, conscious of itself and emerging into perceptible manifestation in the Physical Body, constitute the unseen Cause which is called the Soul. Though the Soul is perfect, its projection into expression is through the impure lens of the present State of Human Consciousness. Therefore that expression is never perfect; Life among mortals is not eternal, Mind omniscient, Law harmoniously observed or Love serenely flawless; yet these imperfect expessions in the Physical Body bring within your human perception the proof of the Eternal Cause from which you emanated and to which you are eternally connected by your Soul.

The amount of sorrow and discord that enters the experience of everyone corresponds to the degree of their lapse from a standard set by these qualities in perfection.

Your Soul, the real "you," is thus the basis of your Existence and Identity. Its physical embodiment on this Material Plane is perishable and imperfect, but not the Soul itself. That uncorrupted Ray proceeding direct from the Sources of All Life, All knowledge, All Power, eternally sustained by It and connected with It, possesses



all those powers and qualities also as inherent in its nature. Universal Life Energy is Eternal; the Soul born of it is Eternal. Universal Life Energy is Infinite Mind; the Soul possesses all mental qualities. Universal Life Energy is basically harmonious and perfect, entirely devoid of the disharmony which we know as Evil; the Soul is equally harmonious, perfect and clean of wrong. However faulty may be its human expressions, the Soul is and remains untainted, an individualized, self-conscious, harmonious and eternal projection of Universal Life Energy into its own Universal Substance. The real "you," sharing all the qualities and powers of its Original Cause, individual, perfect and eternal, is indeed the "Image and Likeness" of that Cause.

Yet a human being is not the only thing that possesses an Identity of its own. Throughout all Nature, animate and inanimate, the numberless elements comprising it are individual and distinct, segregated from each other by characteristics which may vary in degree but never in kind. A horse is always a horse, whether big, little or indifferent; a cow is always a cow; each evolves along its own particular line and neither ever lapses into the other. Similarly with plants and minerals; gold does not degenerate into lead, nor pines into gooseberry bushes. Therefore the question may logically be asked, "What imparts to



these lesser members of Creation their special Identity? Do they also have Souls which are manifesting through them?"

The answer is—Yes. Everything in Nature has its Soul. Beginning with the most simple elemental yet perfect Souls and going up link by link, through the Mineral, the Vegetable and the Animal Kingdoms, with each link becoming more complex as it offers a wider avenue for expression, all the members of that vast composite Nature manifest Souls, but everyone only within its own specific limits. All modifications and all improvements, such as are apparent in Evolution, occur within those limits.

Thus the arrangement of things in Nature is comparable to the numerical scale in Mathematics. In that scale each number retains its own peculiar identity and place in the mathematical scheme, no matter in what way it may be indicated. Five can be written in any number of styles that ingenuity may suggest—large, small, plain, fancy, 5, V, etc.—but it remains always and immutably Five. It can never of itself become Six, nor can it lapse into Four. It includes Four, and one unit in addition, just as it in turn is included in Six, yet lacks one unit that Six has. But it is distinctly and unmistakably Five.

If this were not so, if each number did not preserve eternally its own identity and refuse to lose that identity in some other number, the whole elaborate structure of



Mathematics would instantly collapse. Similarly in Nature, if the physical expressions of Souls were not self-contained, changing and developing only with their own respective walls and refusing to merge into one another, the whole superbly ordered Natural Structure would collapse also.

The culminant point in this hierarchy of Nature is the Soul of Man, the most complex and comprehensive of all. It includes and expresses all the qualities of other lesser Souls in Nature, and something more besides. Like the highest number in the numerical table, it embraces all the less advanced numbers which dwindle into a central core of Unity and to them adds the final margin of its own distinguishing shell. That is why Man is to have dominion over the rest of Creation; he contains all the characteristics of others and is therefore greater.

The evidence of this exists both in the material composition of the human body and in the human character, and in many instances is strikingly apparent. All material elements—all gases, all minerals, such as gold, lead, silver, etc.—are present in the chemical makeup of the individual. Various characters exhibit as dominant traits the qualities that observation has taught people to associate with certain animals. In describing other people, they are often shrewdly identified as foxes, lions, weasels, rabbits, skunks, and less savory representatives of our natural



life. Even vegetables are not ignored as an aid in cataloguing fellow humans. All are latent in everyone.

Finally, what is the added unit which elevates Mankind to his position of dominance? It is the fact that Man is conscious of his own Soul, while his lesser brethren are not conscious of theirs. The Soul of Man is not fundamentally more perfect than the Soul of anything else; all have their common origin in the Great Causeless Cause, which projects them into expession through the one common medium of Universal Life Energy; but the sphere of expression is more ample in subordinate forms. Other things can look consciously up to Man; Man looks consciously up to his Original Cause.

There is thus a fraternal bond uniting all Nature. Every human being has something in common with everything else. The Souls of all emerge from a single Source and are embodied in a single Universal Substance, which Science calls Electrons. Only the arrangement is different. That is why, as the children of one Father-Mother, peace, cooperation and mutual help should be exercised throughout the teeming members of that Great Universal Family instead of fighting and destruction. And on none does the responsibility rest more directly than on Man, because he, with his gift of Consciousness, KNOWS.

The argument may suggest itself that all things do not



manifest Soul qualities. An inert lump of mineral substance exhibits no perceptible evidence of Life, Mind, Law (Truth) or Love. Yet if you believe that you are very much mistaken.

All substance, mineral, vegetable or animal, express these Four Qualities unconsciously in the very stuff of their composition. All are made up out of the same Universal Substance called Electrons. Different combinations of Electrons produce the atoms of the various forms of Matter. Human perception cannot discern Electrons or even atoms; it can see agglomeration of them as a whole, and that agglomeration appears motionless, inert. But within the atom, in the electronic units which comprise it, is an ordered intensity of action that the human Mind is too coarse to enmesh in its concepts.

But this action, while it expresses all the qualities of the Soul, is not aware of itself. Life is in the incredibly swift motion of the Electrons, Intelligence and Law in the exact plan they follow, and Love in the magnetic attraction that keeps the spinning constellation within its atomic walls. Yet there lacks the one factor that distinguishes every other agglomeration of Electrons and atoms from that which is known as Man—Conscious Expression.

The primary purpose of human existence is to transmit into as nearly perfect and abundant expression as pos-



sible on the Material Plane the perfection of Qualities in the Soul.

All Knowledge, All Success, All Joy, All Power wait there to be uncovered and put into practical application in your daily life. In proportion as you render yourself a clearer lens for their richer and more unsullied transmission into positive activities you fulfill the Law of Progress. In proportion as you fail to groom yourself toward that flawless ideal you transgress this Law and incur corresponding consequences.

Your opportunity to derive the fullest advantage from the Law of Progress lies in the intelligent development of the channels connecting you with Superconsciousness. That is the door through which your Soul pours in its treasures with a lavish hand — when the door is open. Only as you mold yourself, through the conscious and constant use of Universal Life Energy, in every department of your life, to the dominant Four Square of Life, Mind, Law (Truth) and Love can you achieve the Poise, Harmony and Power within that will attune you to the Perfect Source of All Power. But when that sympathetic accord has been established, the door of your Superconsciousness will be open wide and through it you will welcome consciously those perfect qualities and powers which



your Soul has already possessed and held in readiness from Eternity.

Human mental force cannot accomplish this. Will Power strikes a far harsher note than the harmonious one with which you are trying to get into communion. To use it is to contract yourself physically and mentally, closing the very door you desire to open. Universal Life Energy sounds the only note that corresponds with Universal Life Energy, represented in your own Soul, and It cannot be bullied or driven. You have no choice but to accommodate yourself to Its Laws if you want It to work through you.

Understanding these Laws, realizing the Fundamental Principles which they outline, you can build those Principles into your life according to the methods described in these Lessons. Do so, and you will find your patience and perseverance rewarded by gradual growth into a Power that will exceed your most sanguine expectations.

Last and most comprehensive of the material questions implied by a study of the Immortal Soul is the question of Death. If the real "you," the core about which the physical individual is constructed, is eternal and imperishable, why is it that every mortal being must inevitably die? Why must trees decay and metals corrode and rocks at length crumble into dust—like the rest of us?



Modern Science, investigating this matter on the Physical Plane, has discovered that, from a scientific point of view, there is no such thing as actual death. There is a change, but never complete annihilation. You change radically when you die, so far as the physical aspect of the case is concerned; your Body undergoes rapid dissolution, disintegrates and sheds its material identity as a Body. But although the constituent parts of that structure of flesh and bone abandon their relation one to another, relinquish the close association which they preserved while "you" were inside, they still exist as particles of dust, gases, minerals, etc. Every particle is itself a cluster of atoms, and every atom is a spinning cosmos of indestructible Electrons, still whirling headlong in their appointed orbits, still manifesting the qualities of the Universal Power from which they were born, still unreeling their tiny destiny, quite indifferent to what goes on outside.

In other words, Life did not die; it simply dispersed when the Soul which attracted it into that association withdrew. The process was like switching away the current in an electric magnet; once the attractive power receded, the clinging bits of matter let go and fell apart. Yet the current itself, the individualized Ray of All Power, the Soul, which collected about itself that material crust, not only exists itself, but exists as a Conscious Entity which



has already attracted a suitable medium for its expression on the loftier Plane where it now resides. It merely discarded the Material Body which was no longer adequate to transmit the qualities it was ready to unfold and built another one which was.

Human life is but one step on a long upward road of growth, evolution and unfoldment. The very same process that the Soul experiences on the large scale is apparent on a smaller scale within the limits of the Material Plane. Your physical Body is continually "dying" and being renewed around you. Skin, hair, cells, bones, everything inside and out is eroding and crumbling away only to be replaced by new structures. Every few years, in fact, sees you entirely remade from cover to cover without you being in the least aware of it, except, perhaps, as the melancholy evidences of advancing age betray an unnecessary slowing down of the process.

Looking lower in the scale of life, the change becomes more sharply defined the further you go. Animals moult seasonally, birds shed their plumage for new at the mating period, snakes and various other reptiles abandon their last year skins almost in one piece. But it is among the insect life that the transition is most completely and vividly illustrated.

Consider, for instance, the life history of a caterpillar.



Between that crawling, earth-bound worm and the exquisitely colored, elusive butterfly whose domain is the Air there seems to be no common bond of relationship. Yet through some amazing necromancy the dull worm appears to reconstruct itself and blossom forth into that winged marvel of a butterfly. What is the connection there?

The caterpillar, like everything else, is the imperfect material shell of a perfect Soul. That Soul has in it all the distinctive qualities of both the worm and the butterfly, but it unfolds them in logical sequence from the bottom up. When the lower, fundamental qualities have received the necessary development in an appropriate environment, they are ready to give birth into expression the finer qualities which outline themselves in the form of the butterfly. Therefore the caterpillar is simply observing the Law of Eternal Progress when it creeps along its career into the caterpillar destiny of a chrysalis.

Once entombed in its chrysalis, the caterpillar has experienced what we, in our evolution, call Death. That is, it has died as a caterpillar, yet the Soul still remains in the "dead" body through which it has ceased to express its former activities and quietly prepares itself for the expression of finer qualities which the old material shell was not adapted to transmit. The living chrysalis in which



the Soul dwells during that period of rest gradually molds itself to the form of the soaring nature now demanding expression, until the day when the same Soul bursts forth in its entirely new aspect of a butterfly.

There within the limits of a Physical Plane is repeated what the human individual goes through when he steps over the border of that Plane, out of range of our perception. From the discarded shell of the old Body rises a new Being, one which embraces all that the other has been but differs completely by virtue of what is now added. The Soul, finished with expression through its human number of Five, devotes itself to ampler expression through the next higher number of Six.

Because the caterpillar and the butterfly demonstrate so well this transition, the butterfly has been taken from early times as the emblem of the Soul liberated from its material prison. It sums up most concisely a Lesson written large throughout the whole Great Book of Nature for those observant ones who care to read—that there is no Death. There is only continual change, evolution from one condition into another and usually a better one, according to the Natural Law of Evolution or Unfoldment from the lower into the higher.

Nature does not countenance any divergence from this upward trend of all things. The reverse process, Involu-



tion, is a direct abuse of that Natural Law, resulting in degeneration in every direction. Involution, if it could be carried to an ultimate extreme, would culminate in the utter annihilation of real Death. The Soul would "swallow itself," so to say, as the barriers to expression turned it constantly in on itself. Yet in order to do this, the process would have to run out the small end of Infinity, which of course has no end, so even there "Death" is impossible.

Progress is the Law of Eternal Existence. Life based on Laws of Nature and lived according to those Laws cannot go backward. Death is a step forward, a transition into a wider sphere of activity; the only terror connected with it is the dread spawned from ignorance of its real character. The greater part of agony and suffering attendant upon leaving this Material Plane is bred of that Fear and is a total waste, as the sufferer will discover to his astonishment once he has died out of his Physical Self and into his new and finer condition.

The new shell which the Soul assumes on the next higher Plane is just as much a Body to it as the old one it discorded, only constructed out of the medium peculiar to that Plane. Human beings cannot perceive that Plane; the rate of vibration there is too high for our coarser faculties to register consciously; therefore the Bodies



which Souls acquire there are invisible to us under ordinary circumstances. Yet the Mortal Being, encased in his physical senses, while he cannot break through the lid of his limitations to perceive what is above him, is perceived readily from that Plane.

The particular advantage this confers upon those who have stepped out of our human sphere is that it teaches them definitely the non-existence of Death. Mankind, in their activities, are always accustomed to proceed from the point of view of Matter as a perishable thing, including themselves. They traverse the Material Plane at a single stride, yet do not perceive where their next stride is going to take them.

That is because their lower rate of vibration does not render them sensible of the higher rate of that Invisible World into which they are forging ahead. They cannot see beyond the horizon which their creeping process unrolls only gradually from the unexplored Future into which they advance. But all behind them, all that they have once passed on their course, is known territory, and from the loftier eyrie they attain on the other side of mortal bounds they are able to survey the whole human field they have left. They are able to see human beings still living in physical bodies, because the higher rate of vibrations they have achieved includes and surpasses the



lower rate which prevails in the Visible World; yet those in the Visible World, limited by that lower rate, cannot perceive them.

The higher the rate of vibration, the more abundantly the Soul is able to express its qualities through them and the more powerful the individual becomes in every direction. The World beyond this Physical World is thus one of far broader scope, of richer knowledge, finer qualities, greater power and quicker realization. It is a World stripped of the clumsy limitations which hamper one here.

Death is still the Great Enemy of Mankind, as it has always been, because of the Fear of it which erects it into an ominous reality in human Minds. But some day Knowledge will strip from it that funereal mask; people will see it as the fresh, vital experience it actually is, the kindly adventure thrilling with the surprises that will greet them on their awakening. They will approach it with something of the spirit that animates aviators rocketing through Space at a speed never before attained, or putting their winged mounts through breath-taking stunts in the middle of vacancy. Confidence, absolute and serene, sparkles through their daring; they know that a strong apparatus under them, guided by a clear Mind, a steady heart and a firm hand will mock the dangers that lurk in their antic course.



When knowledge of so-called Death as simply a milestone marking the way into a continuation of the life here, but on a higher and incomparably richer Plane, becomes a part of the mental fabric of Mankind, the Fear of Death which now gives it so bitter a flavor will be wholly banished. The sting will be removed, the old prophecy fulfilled. Death will be swallowed up in Victory, the Shadow dispelled from human Consciousness by the brilliant Light of Knowledge.

Mankind prepares now for that not far distant day when the whole condition of life on this Earth will entirely change. People will not need to die in their physical Bodies, like a caterpillar, in order to reach a higher state of Consciousness. They will merge into that new state as naturally as ice melts into water, merely raising the rate of vibrations which now manifest themselves in a corresponding physical Body until that Body fades out of the perception of their Fellow Beings and assumes the finer aspect of their next and higher expression.

All the needless sorrow, pain, suffering and regret now associated with the departure of loved ones from this Plane will then be eliminated. Translation into another Plane of Existence will be achieved without a pang and without loss even for a moment of one's Consciousness and memories of the Past. And just as the harsh edges will be rubbed



from the far limits of the human career, so also will the distress that stands ward at the portals through which we enter into this life be avoided. The present method of being born to the Earth will then also be outgrown; the confining walls which imprison mortals on this plant will be razed before and behind, so that access is no less easy and free from difficulties than departure.



EXERCISES

Practice as usual, morning and evening, the Star Exercise, Relaxation, Silence and the continual Contact with Universal Life Energy. Then apply the coordinated stream of your forces in the channel of the new Exercise for this week, MEDITATION.

MEDITATION implies a deep and placid consideration of the world within, a seclusion from storms and squalls that blow down out of your environment to ruffle the delicate calm of your reflective mood.

Therefore choose a time and place suitable to your purpose, and comfortably withdrawn from all likelihood of unexpected intrusion. Then proceed with MEDITATION as follows:

Select for the object of the Exercise a sufficiently lofty and appropriate subject, in this particular instance your own Soul. Then, after you have entered into Silence and made the Contact with Universal Life Energy, concentrate your Mind strongly on that highest and deepest part of your Being. Perceive it in its untarnished aspect as a pure Ray from its Eternal Source, imbued with all positive qualities of Strength and Power. Understand it as the Inexhaustible Spring of its manifestations in you as Life, Mind, Law (Truth) and Love. Let your concept of it overflow distinguishing material barriers and search out its



brotherhood with other Souls throughout all Nature, both in the basic Universal Substance of Electrons into which all are projected and in the common Source from which all emerge. See yourself as its embodiment on this Material Plane, expressing but not obscuring its qualities.

Your process of thinking during MEDITATION should be slow, unhurried but deep. Let your thoughts sink into yourself like tiny motes sinking into the clear, bottomless depths of a quiet mountain lake. Drown your Conscious Self in the crystal Light of your Inner Self, allowing it to dissolve from you the irritating crust of disharmonious memories and experiences. The further you are able to penetrate in this way, the more satisfactory and refreshing your MEDITATION will be.

Guard against the improper use of Will Power in this Exercise. The subtle temptation to probe with that human instrument is always on the alert to spoil anything that requires patience, mental and physical repose and relaxation. You cannot rush to your destination by your own wilful strength; you can penetrate only gradually and steadily into that remote inner chamber of your Being.

Extraneous thoughts from without will probably insist on flashing through your Mind in the beginning when you practice MEDITATION. Be equally firm and insistent in dismissing them and bringing your Mind back to



the subject designed for it. Cultivate the necessary calm, unflurried attitude of utter restfulness, and as you improve that you will obtain better results.

Through MEDITATION you will wipe away the discordant films which obscure expression of the Soul's higher qualities through your human channels and will promote an extraordinary development and accord in every direction. It is one of the most valuable methods for obtaining the Poise and consequent Power so indispensable for Success in life.



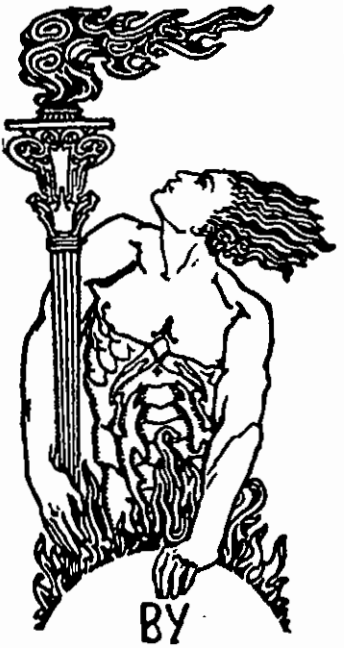
QUESTIONS

1. From what point of view has the Soul generally been regarded?
2. Why has this explanation failed?
3. What perceptible proofs of the Soul's existence and qualities exist in the human individual?
4. Define the Human Soul.
5. Is the possession of a Soul restricted to human beings?
6. What position does the Soul of Man occupy in relation to the rest of Nature?
7. What differentiates the Human Soul from all others?
8. In what respects does Universal Brotherhood become apparent?
9. What purpose does the Soul represent in Material Existence?
10. What is Death?
11. What is the Natural Law governing all Life?
12. How will Death eventually be eliminated?

LESSON TWENTY

"KNOW THYSELF AND THOU SHALT KNOW ALL"

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ANSWERS TO LESSON NINETEEN

1. The point of view from which the Soul has generally been regarded is:
 From the point of view of blind Faith, unsubstantiated by definite proofs.
2. This explanation has failed:
 Because the practical Rational Mind demands proofs, the unbroken transition from visible Effects to invisible Cause, before it can accept conclusions.
3. The perceptible proofs of the Soul's existence that are apparent in the human individual are:
 The Four Fundamental Qualities of Life, Mind, Law (Truth) and Love out of which his whole life structure is erected.
4. The Human Soul:
 Is the individualized, self conscious, harmonious, compound and eternal projection of the Great Causeless Cause through Universal Life Energy into Its Own Eternal Substance.
5. The possession of a Soul:
 Is not restricted to human beings, since every material manifestation is but the expression of the Soul behind it.
6. The position occupied by the Soul of Man in relation to the rest of Nature is:

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The position of dominance, including in itself the qualities manifested in all other Souls and something more besides.

7. The Human Soul is differentiated from all others:
 By the fact that it is Conscious of its own Existence.
8. Universal Brotherhood becomes apparent:
 In the Universal Substance, called Electrons, through which all Souls are projected into material expression, and in the common Source, Universal Life Energy, from which all are immediately derived.
9. The Purpose which the Soul represents in material existence is:
 The perfection of qualities for which Mankind strive in order to make themselves an equally perfect medium of expression.
10. Death is:
 A continuation of the One and Only Present Life into a higher and greater Sphere of Activity which is beyond the ordinary range of human perception.
11. The Natural Law governing all life is:
 The Law of Progress, or Evolution, which decrees the logical unfoldment of Soul Qualities from the lower into the higher.
12. Death will eventually be eliminated:
 By expanding the narrow bounds of Human Con-



sciousness sufficiently to include and demonstrate, by conscious raising of one's vibrations, the continuity of Life.

Dear Friend:

In this Lesson you will perceive in detail the exact relation between your Soul, the unseen Source of your physical being, and the material shell of your Body, which it builds for its expression on the Earth Plane. The precise correlation of your various organs with the qualities behind them, of which they are the outgrowth, their delicate adjustment and interdependence on each other, their cooperative functioning, what they symbolize individually, in groups and as a whole, will be explained to you.

You will understand how to remodel and coordinate your complex array of physical instruments in the most advantageous fashion to pass into abundant, vigorous expression the boundless treasures of qualities and powers in your Soul. Superconsciousness, as the connecting link between the humanly conscious You and the complete real YOU, will be definitely assigned its place in your comprehension.

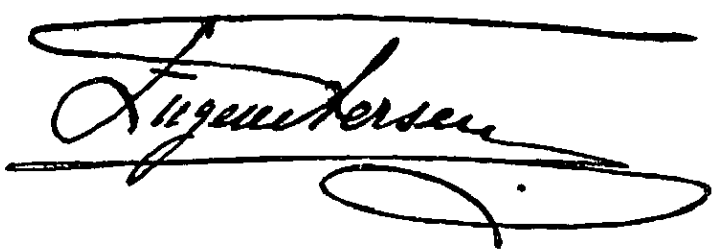
Most important, perhaps, will be the explanation of how the Soul builds and governs its Material Body. The information conveyed in this study will open to you a



wealth of fascinating sidelights on matters that have long been a subject of scientific dispute, as for instance Heredity with its annoying discrepancies to flout any cut-and-dried theories. The vital bearing of the attitude of prospective parents toward each other on the kind of children they will introduce into the World will be made strikingly clear.

Finally, you will learn how to transform your Body in accordance with your own desires. A weak, unhealthy or unsightly Body is not a permanent affliction; it is an unfortunate Effect that can be thoroughly modified by correcting the Cause behind it. By the development of the Soul's qualities it can be made as you wish — Strong, Healthy and Harmonious.

Cordialy yours,



SCIENCE  *of* BEING

LESSON TWENTY

"KNOW thyself and thou shalt know all" was said, not of the Body or the Mind alone, but of the Soul. All Knowledge, all qualities, all powers contained in the Great Causeless Cause and Its First Manifestation, Universal Life Energy, are poured into that Core of your Being to be expressed by it. There is no end to the treasures it contains; it is an inexhaustible mine whose ore becomes constantly richer the deeper you penetrate into it; but as in everything else, this wealth must be sought. Energy, effort and perseverance are required to unearth what otherwise will not sift down into your conscious grasp of its own accord.

As it is not an easy task, under ordinary circumstances, to unfold the qualities latent in the Soul, most people try and after a few unsuccessful endeavors lapse into a sort of coma of resignation or wistful expectancy. They pin their hopes to some happy chance, some lucky conjunction of circumstances, that will some day accomplish for them at one effortless stroke what they failed to do themselves. This period of waiting usually extends itself undisturbed into the grave, because circumstances seldom conform of their own volition to the idle wish of one unable to mold them, or if they do happen to arrange themselves favorably are not recognized as the long desired opportunity.



The one way to develop into vigorous expression the wealth of qualities in your higher Self is through Opposition. That is the natural foil against which the human metal must whet and temper itself for ever greater responsibilities. Soul qualities are above all strong; they cannot express themselves through lassitude and weakness any more than the master swordsman can exhibit his flashing skill against the sluggish blade of a novice. A greater demand than any that has been met before is needed to call forth the added margin of response which represents Progress.

Life continually supplies all the excessive demands by which Soul qualities can be exercised into an ever ampler expression. Situations are continually cropping up which challenge you directly into a form of activity new and strange to you and wholly beyond the bounds of your previous experience. Most people, measuring their inner strength against such demands, are dismayed by their apparent lack of sufficient power to meet them. They shrink from the task that circumstances have put in their way, accepting defeat before the test in the words that should be forever barred from your dictionary—"I cannot."

Yet this absolute surrender is evidence only of an untrue perception of the facts. The individual who says "I cannot" is one who does not take into consideration his



greatest resources, but allows his decision to be dictated by a stationary view of the matter. It is like assuming that dripping water can never fill a glass, because the one drop you see at a single hasty glance is so extravagantly small compared with the emptiness which engulfs it.

Your own supply of strength may be as that drop in contrast to the appalling demand you see yawning before you; but like the drop also, it is no sooner swallowed in the hungry vacancy awaiting it than its place is occupied by another ready to follow. Behind each drop is a shoreless Ocean of Supply from which more will come, and in a rich flood if you will only open the tap within yourself.

That supply is the Universal Life Energy Whose Essence, comprehending all qualities and powers in limitless abundance, forms your own Soul. The reason you sometimes feel that you are unable to cope with a problem is because you allow that positive current to trickle only very feebly into evidence through your Human Consciousness. You are sensible of the resulting lack of power and helplessness, elsewhere described as Fear, and through the paralyzing effect of this Fear you shut off still further the expression of qualities from your Soul which would have copiously satisfied all demands. Such a self-devouring in-



version is what flaunts itself finally in the gloomy assertion "I cannot."

You will never encounter a problem that you have not the possibility to solve. The fact that the Great Law allows it to block your course indicates that you are capable of overcoming it, because the Great Law is above any possible perversion that could definitely cut off all Progress. Therefore if you do not find within your humanly conscious reserves the power to meet it do not be discouraged. Open yourself through the contact with Universal Life Energy and plunge whole-heartedly into the work ahead. With the help of that invincible Force, carrying to you the very Soul qualities of which you then stand so sorely in need, you will conquer one by one the obstacles which rise in your path and will fulfill all requirements as circumstances fashion them in front of you.

Humanity has so long been accustomed to let their Consciousness obscure rather than transmit the qualities latent in their Soul that it is no quick or easy task to correct the habit. Victory does not come at a snap of the fingers; it must be earned. Yet the apparent defeats that you may suffer at first are defeats only if you accept them as such.

To go down fighting, with fire in the blood and victory in the heart, only to rise anew, is never a failure, even



though your immediate object may have escaped your grasp. You step to supremacy over disasters and successes alike; but as the disasters pry open your inner channels for tapping your Soul powers, failures will become less and less frequent. Your inner Success will express itself outside as Success in your activities.

Every time you overcome a difficulty or an obstacle, you unfold a corresponding quality of your Soul. That much is added to the sum of your knowledge, strength and power, and by the measure of that increase you have advanced just so much in your Evolution. Each gain is a permanent gain, a base from which to progress further, and each forward step is accelerated by an intelligent use of Universal Life Energy. By this is meant the correlation of activities with the Soul qualities they are designed to express, so that they conform to the balanced Standard characteristic of everything above the Plane of Human Consciousness.

This Standard, represented by the Four Aspects of Universal Life Energy, Life, Mind, Truth and Love, is perfectly sustained in everything that makes up the individualized Ray which you call your Soul. Therefore the only sort of action capable of passing into equally perfect expression the qualities of the Soul is that in which Energy,



Intelligence, Accuracy and Joy are manifested to a corresponding degree.

Your vital concern is to build those Four Cornerstones into your life by building them consciously and scrupulously into every act of your life, the small and seemingly inconsequential ones as well as the great. None are more important than others so far as developing your character is concerned.

All secondary qualities are contained within the scope of these Four Main Aspects, so if they are properly manifested all the numberless details erected out of them and dependent on them will automatically adjust themselves. For that reason the intelligent application of Universal Life Energy with the distinct purpose of bringing out those Aspects in each action you perform sharpens all your perceptive and executive faculties alike. You are alert to detect the right course to follow, quick to anticipate the thing needful to be done, keen to sense every twist and pitfall in your path and vigorously resourceful in overcoming them.

The strength you draw from that Universal Power is then not blind strength alone; it develops in you the skill to direct and use It most effectively and with the least waste. That natural development is a complete and all-around one, giving you equal poise and confidence in



whatever direction you may turn instead of merely over-developing your ability in one specific direction alone.

Very often people perceive some particular lack or weakness in themselves which they wish to correct, and they focus their energies on cultivating the special trait that has aroused their concern. Perhaps when that one is stimulated into an excessive growth it exposes by contrast the comparative weakness of an associated trait, which then becomes the object of attention. That leads to another, and so on interminably, until the individuall is involved in a furious campaign of self improvement, jumping from one little facet of his nature to another only to run into an endless chain of flaws beyond. To fall a victim to details in this manner is a tragedy, because it means a desperate amount of hard work with never any satisfaction at the end of it.

Such an individual has lost his perspective. He is struggling in a mass of details which are legion, instead of concentrating on the Four Fundamentals from which they all spring. It is like trying to solve a complicated problem in Mathematics by adding up the units one by one on your fingers rather than by simply multiplying in one short process; you may get there at last, but at a ridiculous expenditure of time and effort.

The direct and obvious way to adjust disjointed details



is to adjust the Fundamentals on which they rest. Solve the problem first in its basic aspects and the details will ravel out in natural and logical sequence. That is the advantage of developing in your life the Four Fundamental Aspects of Life, Mind, Truth and Love, because on them everything in your life is based. If they are brought into a strong and harmonious relation, all accessory qualities will blend obediently into corresponding accord.

Therefore remember always to retain your sense of proportion and values as one of the basic conditions for successful achievement. The more you tangle yourself in details the more you lose your perception of all parts in relation to themselves and to the whole. You are opening the channels within yourself for the expression of your Soul qualities only when you survey from that lofty vantage point of your Being the whole broad field of your specific activities. When you descend from this clear perspective and limit your vision to within your Conscious Walls, the maze which envelopes you will swallow energies, purpose and all in a busy industry which leads to no visible end.

Mental vision is obtained from the highest part of your Mental Trinity, that Aspect which you call Superconsciousness and which forms the connecting link between your Conscious Self and the Great Causeless Cause.



Through Superconsciousness you become aware of all the other qualities and powers that the Great Causeless Cause pours into your Soul for expression, but particularly do you attain through its access to Universal Intelligence. Your problem, if you wish to achieve the poise and sure, far prospect essential for Success, is to rub away the crust of conscious limitations which divides you from Superconsciousness and to establish your oneness with It. Once this is accomplished, your Oneness with all Universal Forces and Powers, which also express themselves through your Superconsciousness, is inevitable.

Your instrument for doing this is the ever available Power of Universal Life Energy Itself. The more you direct that Force to the promotion of a fuller contact with your own Superconsciousness the better you will develop your inner channels for bringing it within your conscious reach. Your Pineal Gland, the organ of Superconsciousness in your brain, will develop and function with growing ease, strength and efficiency as constant use and the invigorating current of Life Force give it the exercise it needs.

As it has been explained before, that Gland is the physical door through which all the Infinite Knowledge and Power in your Superconsciousness, all the wealth of Soul qualities backed up behind it and all the boundless



reserves in the Great Causeless Cause also are admitted to your Conscious Self and introduced into the Plane of your Material Existence. Therefore the more often and effectively you perform the Exercise of Polarization described in Lesson 18, the wider becomes this avenue for your Soul treasures to flow down into sumptious expression in your life.

We know that the Soul is an aggregation of qualities, each of which manifests itself in a corresponding physical organ. The activities of all these qualities, clustered together and outlined in material form, constitute what is called the Body. The Body, therefore, is but the outlined expression of the aggregate activities of the Soul. Yet the activities of the Soul continually vary as its qualities are gradually unfolded and brought forth by the demands of a constantly modified environment.

As the activities change, so also does the Body, at least until the limit set by the individual's own conscious Fear "freezes" that plastic clay at about the age of twenty-five or thirty. If the material shell were immune to the influence of this Fear, it would continue to change as it did in Youth, keeping pace with the qualities unfolded through it. Also, if the Soul did not function on the Material Plane, it would not require a material medium for its expression



and that most vulnerable and sluggish part of your triune nature would be dispensed with entirely.

But the activities of the Soul must always be outlined in a corresponding Body. Those activities are not restricted to the Soul Plane, as in that case they would be outlined in the medium peculiar to that Plane and wholly imperceptible to our coarse human senses. Neither are they exclusively mental; their embodiment then would be a mental one, as invisible as thought itself. The Soul, in our present state of Human Consciousness, functions through these two rarer atmospheres, emerging ultimately on the Material Plane where it requires a material vehicle for its expression, the human Body. The building of this physical Body by the Soul is called Incarnation, or Involution of the Soul into Matter.

Three distinct phases mark this progress—Conception, Gestation and Birth. The first of these, Conception, is of paramount importance in that it constitutes the selective act by which a particular Soul is admitted into material expression through the prospective parents. The Soul, ready with countless others for Incarnation and ripe with the urge to break into physical manifestation, awaits the summons from the Physical Plane which alone can open the way for it. That summons is supplied by the future parents who, during their physical union, when all their



qualities and characteristics are fanned into an intense activity, discharge into Space. a wave of vibrations compounded of all their traits in general, tempered by their special physical, mental and emotional attitude at that moment.

This wave, possessing its own distinct vibratory rate, strikes an instant response from the corresponding Soul, which promptly rushes toward the prospective human Mother and overshadows her. It does not enter into her, but sends down a ray of its own life which penetrates through her Pineal Gland and Spinal Cord to the human seed deposited in her womb by the father, the nucleus from which it must erect its own habitation. The real Conception is consummated when this ray of the invisible, immaaterial Life of the Soul becomes one with the material, visible life kernel through which it is to achieve expression.

Gestation is the initial period of preparation before Birth. The Soul, unaccustomed to material surroundings, can at first manifest its activities only very feebly and imperfectly in constructing its own Body, pouring itself gradually through the connecting shaft of Life projected from itself and working its way by degrees into the physical prison which it must shape to fit itself.

For that reason the human embryo goes through all



stages of development, from the most primitive form characteristic of the simplest qualities to the most complex. Between the original microscopic human seed and its fruition in a human Body all the lower stages of animal life are represented successively, the physical shell changing as the Soul, becoming acclimated, is able to unfold more and more of its qualities and activities. That process culminates at last in the completed body, the intricate vehicle which the Soul has created for its expression on this Earth Plane.

Once it has built the vehicle for its expression on the Material Plane, the Soul is ready to occupy that vehicle independently. Through Birth it frees itself from the maternal surroundings and thenceforth works out its further development directly, without the intervention of some other human medium. It steps out into the World for the first time as an individual Being, a condition to which it at once proceeds to adjust itself. It breathes and takes food, learns to control its activities, to see, hear, smell, touch and taste. It explores outward into its environment through its five senses, and presently extends its range by learning to walk and talk.

As it throws itself more and more on its own resources, it becomes increasingly conscious of the fact that it is an independent and individual Being, and under the stimulus



of that realization it unfolds its qualities ever more richly and vigorously through the physical Body which keeps pace with this growth. When full physical development, or the limit dictated by the present State of Human Consciousness, has been reached, the Body ceases to grow, although mental and spiritual improvement continues unchecked.

This physical halt occurs usually between the twenty-fifth and thirtieth year, from which time until the fiftieth or, more rarely, sixtieth year the physical apparatus remains about the same. Then it wears into a gradual decline, at first slow and almost imperceptible but hastening with the passage of years toward the final dissolution called Death. Yet Death, as we know, does not mean extinction; it simply indicates that the Soul, in obedience to the Law of Eternal Progress, has raised its rate of vibrations to the point where they pass above the level of the Material Plane. Consequently it loses hold entirely of the Material Plane and therefore of its own Physical Body, whose component parts disintegrate once the attractive power that garnered them together is withdrawn. That dissolution is merely evidence of one more step forward completed in the march of Evolution.

The correlation of each individual member of the Body with the Soul activity expressing through it spreads



out an exactly detailed map of the relation between the two. Every respetcive organ, the outgrowth and product of the particular quality behind it, possesses a symbolical significance which, when read, teaches you the natural Purpose to be achieved and where you have failed to achieve it. All together, these integral parts of a complete whole compose a vivid picture of the general trend of your Being, with the strong and weak points etched in bold relief.

For example, just as in your Soul the Four Main Aspects of Life, Mind, Law (Truth), and Love embrace all secondary qualities which must express through them, so in your Body the physical manifestations of Life, Mind, Law and Love form the alliance of vital organs on which all secondary ones depend. Without the blood stream and Life Center cooperating to carry Life to every remote cell and muscle you would wither and die; without a healthy brain to coordinate and direct your actions you could not unfold your Soul qualities into material expression; without the complicated system of glands through which Law governs the automatic functioning of the various organs, those organs would fall into ruin; without the heart, the Magnetic Center of Attraction or Love, to pump the sustaining Life Current on its unceasing journey, you would cease to exist as a Human Entity. These Four



Corners are the foundation of your Physical Being; when one crumbles, the whole intricate structure erected upon them topples to destruction.

Within their bounds are piled up the specific units to be analyzed for the lesson they teach. The Soul thinks; you have a brain which acts as a switchboard, the place where all connections between the Physical, Mental and Emotional parts of your nature are concentrated. Understand the Laws which govern you so you can make the proper connections to take the utmost practical advantage of them in daily life, think rightly, strongly and harmoniously, and you will develop your brain into an ever more refined and vigorous instrument to help you work out your Destiny. Its marvelous centers, uniting in a powerful accord, will merge in one clear focus their conscious beams and illumine far ahead the road which leads to greater Success and Happiness.

The Soul perceives people, things, conditions; you have eyes. Cultivate a keen sure perception and you will be astonished to find how your eyes improve as the Soul quality behind them is burnished to a more lustrous expression. They become bright and clear and seem to burn away any film that blurs or distorts your vision. The more fundamental harmony you are able to distinguish beneath all the superficial disharmony, the more striking



will be the change in them. They will become more beautiful and attractive, especially in color, will be luminous, expressive, supremely alive and alert.

The Soul has the power to discriminate; consequently you have ears. Cultivate that power by training yourself to differentiate instantly between the right and the wrong, to pick out the false notes in the orchestral harmony of your life, no matter how subtly concealed they may be, and your sense of hearing will become correspondingly more acute.

The Soul is able to express, to voice its thoughts and feelings; hence your mouth, lips, tongue and vocal cords. Develop the ability to express your thoughts and feelings strongly, harmoniously and accurately and you will discover that the progress made in this respect will be reflected physically also. Your mouth will become firm and well shaped, while your voice becomes powerful and "carrying," yet pleasantly melodious.

These lessons written in the head alone are typical of others carved in every organ of the body. Your shoulders imply the faculty of the Soul to carry responsibilities, a burden which grows with its unfoldment. Learn early in life the sense of responsibility, and your shoulders will become correspondingly well proportioned, broad and strong.



The courage of your Soul, its readiness to face boldly all kinds of opposition and difficulties in life is manifested in the chest. A sturdy chest indicates a willingness to forge grimly onward in the face of any criticism or obstacles.

Your heart, whose rhythmic beat sustains the life and harmony in your Body, clearly expresses the capacity of the Soul to love. The Rhythm of Love is back of Life's harmony, gathering it into concentrated expression, keeping it going in the channels where it works best and serves most. A stimulation of the Love vibrations in the heart brings the expansive feeling of Joy, an abuse of them a bitter negative contraction. You experience them directly in your heart and consciously register and appraise them in your brain.

Closely associated with these two major activities is a third represented by the lungs, in whose maze of air pockets the blood stream trades its impurities for clear oxygen. The lungs are therefore the purgative organs, embodying the faculty of the Soul to purify its own vehicle for expression, clarifying the Life Current of the Body and thus sustaining it in a harmonious condition by drawing on the finer forces of Nature, the gases.

Descending to the next sector of your physical engine, you find an interesting assortment of digestive



organs—the stomach, assisted by kidneys, liver and bowels. There is embodied the Soul's power to assimilate and digest everything of a positive, constructive nature that may be submitted to it, and to eliminate undesirable elements. Cultivate that Soul quality by being fearless in your life, immune to worry, always ready to meet and absorb boldly every new element and condition that arises before you, and you will have no cause to anticipate trouble in your digestive tract. Your liver, kidneys and stomach will functon perfectly. Then be equally ready to eliminate waste and undesirable matter, that which you have outworn or outgrown, or which you wish to reject, and your bowels will supplement the activities of the rest with complete satisfaction.

The freedom of the Soul, its ability to move about at will, emerges into physical evidence in your legs. The ease and suppleness of that movement is represented in the joints of the Body, but particularly in the knees and feet. There the swiftness, strength and poise of the Soul, the fundamental factors of its standing on the Physical Plane, where you now live, are manifested.

Your Soul's Self Reliance, its capacity to grasp, hold and handle whatever it may come in contact with, the Independence it is meant to have in this World, is conveyed in your arms and hands. Exercise that Independence,



strengthen your faculty of handling capably on the Three Planes the affairs that present themselves to you, and your increased efficiency in that direction will be reflected in shapely hands, strong and muscular arms.

In analyzing yourself for the particular weakness and flaws to be corrected, do not lose sight of the dominating Standard set by the Four Main Aspects of Life, Mind, Law (Truth) and Love. All secondary qualities must manifest themselves in the terms of these Four Fundamental Ones. Therefore make them the starting point, the central eminence, from which you conduct all your operations in any specific direction. Remember that they are the common denominator, the simplest figure to which all problems reduce, and concentrate your efforts on expressing them and emphasize them, realizing that when they are properly established all the dependent associate items will fall neatly in line.

Except in youth, change is never rapid in the human Body. It is more noticeable in early years than later, but though it is continually taking place it can not be expected to produce an abrupt revision of your fleshly domicile. Several years of diligent and careful effort will give the Soul an opportunity to re-fashion gradually its physical shell, in proportion as its qualities are brought into greater expression, because during that period the



entire Body will have been made over inside and out as old and outworn cells are replaced by new ones. In the course of that rconstruction the former lines are bound to be modified to outline the alteration in the qualities they manifest.

As you live now on the Physical Plane, a proper recognition and appreciation of that fact through the right sort of physical exercise will help materially in promoting those changes. It will render more plastic and impressionable the clay which your Soul, as the Sculptor, must mold to the form of its ever stronger and finer inner concept. In that way you will hasten the process of eliminating old structures and stimulating the constant growth of fresh ones in their place, an interchange which otherwise would not be so quickly and easily effected although it would eventually be accomplished.

The general arrangement of your body organs blocks out before your eyes a plain illustration of the scheme that should dominate all your activities — Cooperation for Progress. From first to last you are an assortment of complementary parts, two halves demonstrating respectively the Male and Female Principles, paired off against each other and each supplementing the work of the other throughout your entire system. At the apex Mind, cold, aggressive, vigorous, ruthless, ruling from its seat of power



the physical domain under it, represents the Male element as opposed to the Female element, Love, which enthrones itself in the heart and holds that domain together to be ruled.

This division holds true all down the line. It is apparent on the large scale as a visible seam beginning in the skull and seeming to split your body longitudinally down the neck and back. On either side of the line it suggests are the brain lobes, the two eyes, the paired lungs, two kidneys, two arms, two feet, etc. Every member of that compound body has the power to act individually and independently, yet in order to obtain the best results they must coordinate their activities. For this reason are the two halves welded together in a complete and inseparable whole.

The Purpose to which this coordinated action should be applied is manifested in the placing of all the most important organs. They are located in the front part of your Body and have a unanimous forward trend. Eyes look to the fore and are hinged so that they can also perceive to either side, upward and downward along the path. You have no eyes in the back of the head because you are not meant to contemplate eternally the course already traversed, and the necessity for an occasional glance to get your bearings is provided for by your head, pivoted on its



neck. Similarly with most other organs, even those which, for the sake of greater protection, are most deeply buried —they are marshalled in an order that tends ever to Progress, onward and upward.

Altogether, your Physical Being sums up in itself a Response from which can be read the great Need which called it forth. That Need is for practical individuals whose feet firmly tread the solid ground of fact while their heads pierce the higher spheres—well balanced, capable people who can see far and clear yet retain a true appreciation of values. Mankind must learn to appraise rightly the material life which has been set before them to be lived. If they were only meant to dream, to ignore and despise the physical environment in which their lot has been cast, to enjoy a loftier estate than that to which they have been born, they would not be weighed down with a Material Body. They would probably be built of some ethereal substance to which wishes alone are wings, enabling them to soar into higher regions.

Give the world in which you live its due. Appreciate, enjoy and use constructively in every way the Material Plane to which you have been sent to work out your human Destiny. Accept this Lesson which your own Body teaches, proceed with your feet strongly, yet lightly and swiftly carrying you over the firm ground of established



fact, your body forging courageously onward above them, your head poised and alert, lifting you to view far horizons, to perceive obstacles, to understand and take account of all dangers from every side and to govern your Progress accordingly. Then you will be fulfilling the Purpose for which you were put on Earth and which you must learn to fulfill before your Evolution will carry you into the nobler condition to which you aspire.



EXERCISES

Continue with the Star Exercise, Relaxation, Silence and the continual Contact with Universal Life Energy. In addition to these, proceed this week with the new Exercise, which is called EXTERIORIZATION.

The purpose of EXTERIORIZATION is to promote the unfoldment into material expression through you of the wealth of qualities and powers which your Soul, as a Concentrated Ray of Universal Life Energy, possesses in itself. In order to perform this Exercise, proceed as follows:

After you have entered into Silence, make the Contact with Universal Life Energy and establish a strong, rich flow of that Power through you. Then focus that Current on the task to which It is to be applied by concentrating your Mind on Exteriorizing, or bringing out into manifestation through the lens of your Physical Self, all the lavish abundance of qualities compacted in your Soul Ray. Perceive your relation as a material entity with the invisible Shaft of Universal Life Energy, your Soul, of which you are the outgrowth. Understand the exquisite symmetry and perfection of those qualities which it pours down on you for expression, their absolute identity with the Standard of Life, Mind, Law (Truth) and Love which is manifested without flaw in them. Try to feel that these



qualities are expressed and outlined with equal nicety of proportion through your physical shell.

Be aware of your Life Center as the Spring out of which the Current of Universal Life Energy wells up fresh and untainted, sparkling with Its clear essence of Strength, Eternal Youth, Mental Vigor, Joy and Beauty and all the qualities native to It. Sense that refreshing Stream spilling from the core of your being outward along every nerve, filling you as water fills a bowl and brimming over through your skin itself. Feel your plastic flesh and muscles, the tissues of your Body, responding to the Strength and Harmony of which they are the conductors, molding and adapting themselves subtly to the perfect qualities carried into them for expression on the persistent Tide of this Force.

The more you promote the expression of your Soul qualities through your Physical Self in this manner, Exteriorizing them through their corresponding material medium, the more they will modify the shape of that medium to suit them. The outline of your features and Body is bound to change as it accommodates itself to that of which it is the vehicle. You deal with the Cause, concerned mainly with passing your Soul's qualities into manifestation as nearly perfect as they are fundamentally; the physical reflection takes care of itself. Thus you are able



to achieve a dream that has always entertained the longing fancy of Mankind—to uncap the Fountain of Eternal Youth in your Body, rejuvenate it with the Life Energy of the Universe and make it always stronger, more harmonious and beautiful.

QUESTIONS

1. What is necessary to develop the stronger physical expression of Soul qualities?
2. Where is this to be found?
3. Why do people often shrink from meeting problems that confront them?
4. Will you ever encounter a problem that you have not the possibility to solve?
5. Of what does Progress consist?
6. Of what importance in the development of secondary qualities are the Four Fundamental Qualities of Life, Mind, Law (Truth) and Love?
7. What purpose does Superconsciousness serve in this process?
8. What is Incarnation?
9. What determines the sort of Soul to be born to prospective parents?

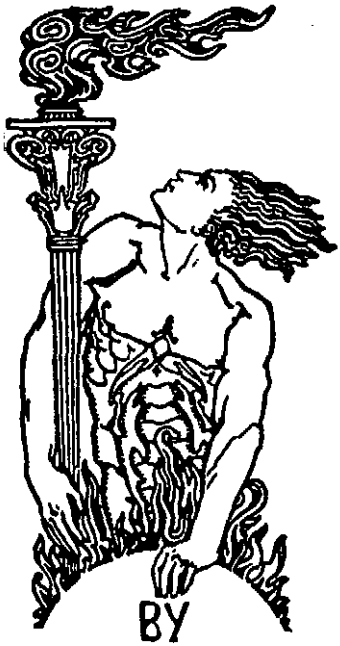


10. How are the Male and Female Principles in your Soul indicated in your physical Body?
11. How can the physical Body be modified in form and outline?
12. What dominant Purpose is suggested by the general arrangement of the Body organs?

LESSON TWENTY-ONE

"KNOW THYSELF AND THOU SHALT KNOW ALL"

SCIENCE OF BEING



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EUGENE FERSEN

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ANSWERS TO LESSON TWENTY

1. What is necessary to develop the stronger physical expression of Soul qualities is:
 Opposition, to challenge the greater exertion of those qualities through their material channels.
2. Opposition is to be found:
 In the situations and problems that arise voluntarily in life without being especially sought.
3. People often shrink from meeting their problems:
 Because they consider those problems only in relation to their own limited store of forces to meet them and fail to count on the Limitless Stores of Universal Power to which they have access.
4. Problems that cannot be solved:
 Will never be encountered by you, because the very fact that the Great Law permits them to confront you indicates that you have the possibility to solve them.
5. Progress consists of:
 The margin of effort in excess of any that you have made before, exerted in response to a greater demand, and by which you unfold that much more of your Soul qualities.
6. The importance of the Four Fundamental Qualities

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of Life, Mind, Law (Truth) and Love in the development of secondary qualities is:

That through the exercise and development of those Four Fundamental Qualities all the secondary ones erected out of them and dependent on them are automatically developed and correlated also.

7. Superconsciousness:

Opens out for you a clear perspective of the myriad details in which you are hopelessly lost as long as your vision is limited within the bounds of your Human Consciousness alone.

8. Incarnation is:

The Involution of the Soul into Matter.

9. The kind of Soul to be born to prospective parents is identified:

By the rate of the vibrations those future parents discharge into Space during their physical union, and which attract a Soul of a corresponding rate.

10. The male and female principles in the Soul are indicated in the physical Body:

By its distinct division into two halves and the consequent pairing of organs in it—two eyes, two hands, arms, legs, kidneys, lobes, etc.—each of which must supplement the activities of the other if the best results are to be obtained.



11. The physical Body can be modified in form and outline:
 By cultivating a more harmonious and vigorous expression of the Soul qualities of which it is the vehicle.
12. The dominant Purpose suggested by the general arrangement of the Body Organs is:
 Progress, to be achieved by the cooperation of all parts for a sure and steady advance toward a forward goal.

Dear Friend:

Your own True Self will be revealed to you in this Lesson, that Inner Being whose Presence you have vaguely felt in the noble impulses, the daring visions, the soaring aspirations which now and then break like flame through the dull crest of convention and habit in which you live. This True Self, your Individuality, is the foundation and backbone of your character; but ignorance of the tremendous possibilities it contains prevents most people from realizing practically the treasures it conceals.

Personally, the disguise behind which your Real Self lies hidden, is an outer mask which you yourself have constructed to represent you in the eyes of the World. That mask is illumined by the Individuality behind it, but usu-

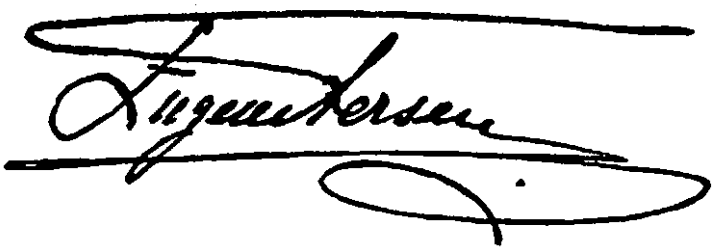


ally shows a false version of the Soul Light within it. A human device, it vanishes when the Light is withdrawn, because all its radiance is a borrowed radiance coming from the Soul qualities which it dissembles. You will discover how to fashion that Personality so that it serves as an accurate medium of expression for that inner Individuality where all the genuine intrinsic value is waiting to be manifested.

Your Purpose in life is to realize in fact the perfect Individuality within. Personality is the door through which the real YOU can emerge. Self knowledge, an intelligent understanding both of yourself and of the World outside, is your key to open the door.

Here you will be shown how to find that key, how to analyze yourself, how to sift out the distinguishing characters that form your particular Identity, and how to assert that Identity once it is discovered. When you have done this you will have taken your greatest stride toward achieving your Destiny; you will have FOUND YOURSELF.

Cordially yours,



SCIENCE  *of* BEING

LESSON TWENTY-ONE

EVERY human being has in effect two selves, a Real Self and an apparent self. The Real Self is that mysterious Soul Quality within you in which is condensed all that you could be—the ideal "you" wliose possibilities you try to realize in your life. The apparent self is the aspect under which you reveal that Real Self to the World. The one is genuine and sincere, an incorruptible Ray of Soul Fire proceeding straight from its Infinite Source and wholly beyond your power to change or modify it. The other is artificial and variable, a mask deliberately fashioned by yourself to hide what you actually are. Your Real Self, the naked Flame within the human lamp, is called your individuality. The painted mask which it throws into visible relief is your Personality.

Personality, therefore, is the surface part of your nature which comes in direct contact with the World, the outward appearance which can be seen, analyzed, appraised. You can alter it as often and as radically as circumstances demand, just as an actor can dress himself out in the roles of whatever characters he wishes to portray. But underneath that diguise is alway the one unchanging Individuality on which it is super-imposed, the single constant factor which you may exhibit through a diversity of aspects, but which you can never modify in the slight-



est degree from what it already is. Others are aware of your Individuality only as an inner glow which brands your Personality on their perception; you alone can see it in its entirety as the precious secret flame cupped within that outer masquerade and illumining its carefully wrought contours.

The problem which confronts everyone is how to build up a Personality which will pass into active expression the Individuality behind it. Individuality can never conform to a standard pattern, but Personality, its humanly designed envelope, can and most often does. In all Nature there are no two Individualities exactly alike, just as there are no two Souls alike. Each is a direct projection from the Great Causeless Cause and Its First Manifestation, Universal Life Energy, and these two Primary Factors from which everything is derived have never repeated any combination that has issued from them. They are Themselves supremely Individual, Unique, and They stamp Individuality into the whole endless variety of expressions of which They are the Source.

Thus every human being has within himself a priceless "something" which no other possesses or has ever possessed—a "something" which, if he can adapt his Personality to express it, will single him out from all the rest of Creation. But if, as is usually the case, his Personality is



erected after a standard pattern, the aspect he presents to the World will not differ in any salient detail from countless others everywhere. The really valuable part of his Being will be hidden, so of course no value will be placed on it.

The unique combination of qualities which forms your Individuality implies a correspondingly unique place and duty for you in the Cosmic Scheme. There is just one line of endeavor, one environment, where your Individuality will fit to perfection and empty itself into unreserved expression in all your activities. Every faculty will leap joyously to the challenge, every thought and move will knit itself into the smooth river of purposeful action, every resource will be ready to your hand in meeting the demands of that occupation. Your work will bear the mark of Originality, the impress of those distinctive qualities which guide the mental and physical tools that you supply. You will achieve the maximum of productivity, coupled with the greatest ease, pleasure and interest.

In the wrong environment, where the demands do not accord with your peculiar talent to satisfy them, the contrary will be true. You are then pulled against your own inclinations, a misplaced cog meshed in a gear of routine. Your Individuality does not fit in with the machinery around it; there is constant friction, irritation and diffi-



culty. Perhaps in the end you will be worn down so that you churn in that place, but you will never be happy there. It is not what you were meant for; you cannot contribute any forward impulse because your Individuality is barred from expression; you simply fill a gap.

Yet in the Machinery of Life there is a right place for everything and everyone, a place where the respective Individuality fits in with the Law, Order and Harmony that govern the Universe. The reason most people are discontented and feel that they are more or less "in a rut" is because they have not found that place. They do not like their work or their surroundings, because their Individuality has no opportunity to exert itself freely. As soon as such people are transferred to the position for which their nature adapts them, an extraordinary change is at once apparent. From indifferent and incompetent automatons, they become living founts of energy, interested in their work and putting their whole weight, Body, Mind and Soul, into furthering it. They have found their Vocation, the road at the end of which they can see Success and Happiness, the common Goal of all; they have "found themselves."

In spite of the importance of getting one's Individuality located in its proper place, few people do so except by accident. No intelligent plan of action is devised to



bring about that highly desirable result deliberately, because no intelligent study has been made of Individuality to discover its needs. The bulk of Mankind trust to a blind, haphazard, hit-or-miss method to juggle them eventually into their right environment, and trust usually in vain.

Understanding of the requirements of your Individuality is essential before you can hope to satisfy them. This understanding can be obtained only through Self Knowledge. The time you devote to study of your own Real Self will lavishly reward you throughout the whole of your life in the expansion, unfoldment and progress to which it is the key. Therefore face yourself squarely and frankly with the question "What am I? What are my qualities and shortcomings, my inner abilities and the faults that blunt them?"

It is futile, in this analysis, to look at yourself through rose-colored spectacles. You are the only one who can see the bare, unvarnished Truth, and you are the one to benefit from it. Therefore there is no excuse for self-deception; by indulging it you merely destroy your own purpose. Your interest is to view yourself as you actually are in order to discover where your best advantage lies. By trying to soften the blow you simply introduce the



same insurmountable obstacle which has hitherto barred your road to Health, Success and Happiness.

The basis from which to proceed if you intend to get a true estimate of yourself is the Four Square of Life, Mind, Truth and Love. Energy in prosecuting the search, combined with Intelligence in directing it, will carry you along the main lode, so to say, while a genuine desire to realize on those inner treasures will sharpen your perception to discriminate the true from the false. The Four Square is the sieve into which you pour the mingled good and evil of which the human "you" is the product; what is sifted out of that composite is the pure metal of Individuality which you seek. Especially will you be struck by the amount of negative which you will uncover in that search. The rare gleams of wholesome aspirations and desires, latent ambitions of which you were never aware before, will seem poor pay for the precious quantity of dross in which they are buried. Yet they are the precious particles to be gathered together and brought out. The deeper you penetrate the more thickly sown they will be; you will be surprised at the unsuspected traits of character you turn up, and as the sum grows you will have ample cause to consider your perseverance richly rewarded.

Therefore do not be discouraged or unduly impressed by the negative your first efforts unearth. Remember,



that negative has no part with the Individuality you are trying to separate from it. Individuality, like the grains of gold scattered through the sand, is from the beginning pure and perfect, however completely it may be covered up. So while it is necessary to handle and expose all the evil dumped into your Subconsciousness by your Conscious Self and by teeming ages of perversely thinking Humanity, this procedure is inevitable if you want to get rid of it. Negative must be brought to the surface to be eliminated; the more thoroughly you perform that inner sanitation, the more your Individuality, that Eternal and Incorruptible Quality of your Soul, will shine into evidence.

Once you have discovered your Individuality, you have discovered that distinctive mark which differentiates you from every other mortal being. This is the first reward of the time and energy you have spent on that study, as well as the first step toward bringing your innermost distinguishing qualities into outward manifestations. So long as you did not know you possessed those qualities, you felt your inferiority to others who expressed theirs. You held yourself cheap because you appeared to be one of many, with nothing to contribute that thousands the world over are not contributing just as well.

But when you have found your Individuality, then



you shed the sense of inferiority that has oppressed you, because you perceive in what way you are unique, able to supply something that no one but you can supply. You know that intrinsically, as an individual Ray of the Great Principle Itself, you are of equal worth with the Greatest, and from that knowledge you derive the self-respect and dignity that will help you to realize in fact the potential Greatness within.

If, on the other hand, you try to assert a dignity and importance not founded on a sure knowledge of the inner ability that can justify them, you are guilty of conceit. You pretend to something you do not deserve, because you cannot give out your Individuality to the World until you know what it is.

False pride, which prompts you to think the World is in error for not appreciating you, will only make you ridiculous. If you are a Ray of the Great Cause, remember that everyone else is also; you are not so super-perfect that you can afford to look down on perfection. Your Individuality, your peculiar talent, will win recognition only in proportion as it is expressed in definite reality. That is the only ready cash that Mankind can see and appreciate; it is a question, not of telling how much you have, but of proving it by putting it into circulation.

As Individuality is the Sum of Soul Qualities, the more



you manifest it the more emphatic will be the expression of all the Qualities which comprise it. You will unfold and develop in every direction, profit others and yourself by your expansion through all associated channels as well as through the main one which represents your dominant interest. Each activity, also, each separate trait that you thrust into evidence, will express in its workings the distinction imparted to it by the supporting Individuality. No matter in what channel you direct your energies, the things they accomplish will bear the brand of yourself.

As Individuality is unique, the only one of its kind, you can never hope to bring out your own by copying someone else. However much you may admire some of those brilliant stars who stud the firmament of Humanity, remember that they shine so brightly because they stand alone. They serve as an inspiration to you, a proof that if you unveil your own Real Self it will gleam with no less a lustre in its own peculiar place and way, but it cannot usurp the place of another. There was one Washington, one Lincoln, one Shakespeare; no other existed or ever will exist, and no matter how admirable each may have been, you can only lose by trying to warp your own Individuality into the pattern stamped on History by theirs.

Be true to Yourself, focus all your endeavors on being



Yourself and not somebody else, recognize the fact that you must be a pioneer bent on discovering something entirely new to Humanity, and you will be pursuing the course that has led great men before you to their respective pinnacles of Fame. They succeeded by being true to themselves; do you therefore heed their example by being true to your own Real Self, but not by attempting to drape over your bones their garment of renown.

A false human concept of values very often intrudes to confuse and obscure the way for the expression of Individuality. The demands and problems of Modern Life are infinite in their variety and complexity, but some are invested with a dignity that is not attributed to others. Thus teaching or preaching are considered activities of a lofty character, while street cleaning and similar occupations are despised. To the human eye, constrained to judge by appearances, it naturally seems great to be at the head of a country and mean to toil as a common laborer. Yet the human eye, if it could penetrate to the Causes back of visible Effects, would find itself very much mistaken.

The position one occupies is of consequence only as it provides a suitable channel for the expression of the Individuality directed into it. A man whose particular qualities fit him for cleanng streets or performing manual



labor works out his Destiny just as nobly along that line, advances just as far in his own inner unfoldment, as the man whose talents equip him to govern a nation. But reverse the positions, let the borrowed glory of a crown illuminate the brow of him who is by nature a laborer, and a shovel burden the hand born to wield a sceptre, and one will be no less unhappy and incapable than the other. The soaring intellect withers at the end of a spade, the lusty arm fumbles the delicate threads of diplomacy and intrigue.

It is never the office which makes the man, but the man who exalts or debases the office. Enlightened ones perceive the real king in him who perfectly controls the Kingdom of his Inner Self, whether his outward dress be patched overalls or royal ermine. The slave enthroned, commissioned to rule others yet ruled himself by his own evil passions or the evil influences around him, is no less a slave for all his outward pomp and authority. He has experienced less actual Independence than the humblest and most law-ridden of his subjects, though he does not recognize the laws himself.

Independence consists in the sublime faculty of availing oneself of the humanly constructed machinery of civilization. Man is born into a world of Existing Laws, both social and natural. Abuse of these Laws stunts devel-



opment and circumscribes activities; it is a tacit admission of the superiority of Man-made rules to the immortal Soul. Only when Individuality pours itself into the established channels and adapts those channels to its expression, makes use of them to manifest itself, is it really free. Otherwise, when it is choked back and overwhelmed by Laws, diverted into wrong channels, it is a weak slave.

Real brotherhood between men and nations will come only when Humanity understands this and dissolves in the light of that knowledge the social barriers which now distort and obscure their vision. National pride will crumble as personal pride melts away; individual dignity will stand up in place of conceit, prejudice and envy; peace and good will, born of growing mutual respect, will prepare the way on Earth for the reign of Love. A nation is the sum of the people who comprise it; this ideal cannot be imposed upon it from without, but must take form in the individual hearts and understandings before it will emerge into evidence as an accomplished fact on the large scale.

Realizing that when you have found your Individuality you have found your Independence, never be afraid to stand solidly for your convictions. Never compromise with that which you know and feel within yourself to be wrong. To deviate in any degree from the direct line, to



flinch, pretend or falter, is to sacrifice by just so much the respect and confidence of others. Love is based on respect, the unconscious appreciation and desire for something better, but it can only be inspired by showing that "something better." Give your best to the World and the World will give its best back to you.

However great or humble may be the people with whom you come in contact, however debased or honored among men, their outward dress of mingled good and evil buries one perfect core, one pure Soul Ray from the Infinite Itself. Like attracts like; all aspire, even though dimly, to the highest, and all respond with that better part of their Being to the highest manifested through you. Therefore under all circumstances, wherever you go, whomever you meet, let your Individuality shine frankly forth by observing the single vital principle it implies — to be whole-heartedly, sincerely and joyously YOURSELF.

Humanity, in the present period of its development, is manifesting the two opposite poles of Standardization and Individualization. Standards—ideals expressed in a uniform fashion—rule in nearly every aspect of modern life. Standard time, standard measurements, standard laws, rules, manners, automobiles, houses, clothes, etc., strip human existence of much of its complexity and



spread abroad advantages which might otherwise be restricted to their originators. It is always the best forces of the World that produce these Standards and establish them as definite patterns to be accepted and lived up to by the great mass of the people.

This tendency to warp natural individual traits into a common mould seems to work directly against the expression of Individuality, yet that is not so. Standardization is a necessary step in the Evolution of Humanity, a human device by which the majority are helped upward along the difficult road of progress toward their respective goals. The ideal conceived and achieved by one who has advanced farthest serves as a mile post for those too hampered by limitations to set up a similar mark for themselves. Whether on the Plane of the Spiritual, the Mental or the Physical, the Standard struck out by the pioneer represents an ampler boundary to be striven for, a loftier eyrie to be attained, a broader and freer outlook to be won. It is a rest station built by those who have gone before to attract those who will come after and to be then a base from which they will launch into the next stage of their journey. Only through such a process of Standardization can the bulk of Mankind be drawn as a whole higher and higher in the Scale of Eternal progress.

Yet under cover of this harsh and stilted method, so



to say, Individualization is going on in each of those swarming millions to whose progress Standards impart simply a general trend. An education, though standard, lifts them out of the dark morass of wrong concepts and superstitions and enables them to see unobstructed vistas on every side. Better living conditions and material means teach them that still better ones wait within reach a little further on. They demand more and receive more, enjoy an increasingly greater mental freedom and cultivate a keener appetite for improvement the more they improve.

Progress, even though artificially stimulated in this way, unfolds the qualities latent in Individuality, just as natural unfoldment of Individuality is bound to result in Progress. Like cranking an engine, Standards simply start a movement that, once going, will continue under its own power. Slumbering forces begin to awaken and stretch, long dormant ambitions stir out of their age-old lethargy and a distinctive Identity grows out of level monotony as stars out of the darkening sky at evening. The Soul is at last coming into its own.

The wide-spread emergence of Individuality throughout the mass of people today is apparent in the disquiet that has broken like a rash over the whole face of the earth. Human beings are so unruly, so difficult to manage, so unwilling to bow their heads to sheer force, because



their awakening Individuality is no longer content to drowse peaceably in the shade of established conditions. The Great War pricked it into action first, opened its eyes to nobler perspectives ahead which now beckon it on. One of the great signs of Modern Times is this unrest, because it signifies—Progress.

Yet a danger also lurks in that new Freedom. Very often, when obtained, it is misused because those who have won it let their aspirations outrun their knowledge. To desire something which is beyond one's knowledge how to handle, and to use Freedom as a club to get it, changes that Freedom from a blessing to a curse. It becomes license, tyranny, oppression, anarchy, anything but Freedom and anything but good and constructive.

Freedom means unfettered constructive activity, complete liberty in everything that is RIGHT and that therefore does not infringe on the rights of others. Real Freedom cannot harm anyone else. It cannot be obtained at the expense of others. It can help others by pulling them sympathetically out of their shell of limitations and up to its own unrestricted level, but it does not depend on them for its own existence. It springs only from a strength developed within, never from authority conferred from without.

The formula for Freedom is conformity to Natural



Laws. The Law of the Universe, called the Great Law, from which all subordinate expressions are derived, is the Essence of the Positive. To govern oneself according to It is to advance always toward Unlimited Power; to oppose it is to manufacture your own limitations. The Great Law represents what people have to live up to if they want to attain perfect Freedom. Human laws represent the tools which that Freedom, once attained, enables them to use constructively in their activities.

Ignorance of Laws, human or natural, is no excuse for their violation. The legal machinery which different countries, governments and organizations build to direct and control the body under them are the expression—though sometimes perhaps crude and clumsy—on the Physical Plane of Laws already functioning on the Higher Planes. To transgress them is merely proof that you are incapable of fulfilling the greater Laws behind them. You can reach the highest only through a natural process of growth through the lower conditions leading up to it.

Therefore observe human laws to the best of your ability and you will be working your way along the only right road to the real Freedom they imply. Observe them intelligently, making use of them when necessary as well as submitting to them, and you will have taken your first great forward step. You will learn that your Individual-



ity dominates outside rules and laws that would otherwise appear to limit it, that you are the stronger because you adhere to and use them, and you will understand that this lesson applies equally well where the Great Law also is concerned.

Individuality is the abiding place of Freedom. The more strongly you manifest your Individuality, the greater will be the Freedom you will experience. You will achieve through your Individuality the success and happiness which form the Purpose of your Existence, and you will inspire love and respect the more successful you become. People value Freedom above all else; no more magnetic power of Attraction could exist than the sense of Freedom which your Individuality radiates from all your **Being.**



EXERCISES

Practice as usual the Star Exercise morning and evening, with Relaxation, Silence and the continual Mental Contact with Universal Life Energy. Then proceed with the new Exercise for this week, called MANIFESTATION, in the following way:

As soon as you have established a strong and harmonious flow of Life Force by means of Relaxation, Silence and the Mental Contact, concentrate your Mind on your own Soul. Look within the heavy human crust and perceive that Source of your mortal Being in the full glory of its perfect qualities. See it as the Avenue through which the Great Principle pours Its Limitless Powers and Forces to you for expression. Try to understand the boundless resources of Strength it brings to you to be used on every Plane, realize the measureless scope of Universal Forces which it focuses on you to be translated through your activities into actual manifestation, penetrate the deceptive shell of your Personaliy and discern within it the pure Essence of your own Soul. Then be happy in the knowledge that you have found your Individuality and that you can rely confidently on its abundant and invincible strength.

Having found your Individuality, the next step is to project its distinctive qualities into expression in your life.



The World is the problem you have to meet with the tools that your Individuality supplies; therefore turn your gaze outward upon that World and study it no less carefully than you did your Inner Self. Feel your unity with it, your identity as an integral part of it, and be willing to contribute your best to it. Let your sympathy with it be genuine and helpful, enabling you to perceive and understand faults without condoning them, and not merely a sentimental pose which prompts you to look only for good and be blind to the evil. Both positive and negative comprise the environment into which you are to project yourself, and your object is to acquire a distinct comprehension of the situation you have to face in order that you may handle it intelligently and with the greatest practical results.

Once the two sides of the equation are clear in your Mind— your Soul with its qualities drawn up against the conditions it must meet in putting those qualities into expression—your task is to establish a working connection between the two. Give unreservedly of Yourself, feel the Life Force flushing through every channel of your Being to pour from you to that which is outside of you. Know that your Soul qualities respond and stir to the surge of that Current, melting and fusing to radiate harmoniously from you in a pulsing tide of constructive energy. Let the



Stream of Life Force draw your Soul with it into its own act of expression, carrying the real YOU out through the skin of your Personality into direct contact with the World itself. Thus gradually your Individuality will glow warmly forth, its fire deepening as the latent qualities of your Soul break ever more richly and strongly into manifestation.

Mind alone, with its human tool of Will Power, is not sufficient to push your Soul's Individuality into expression. Mental powers, however compelling they may be in their own or in the physical domain, have no influence on the Spiritual Plane by whose sufferance alone all else exists. A greater Power, One which pervades all Planes equally and unites them through Its own Force of Attraction, is required. That Power, flooding into your Soul, your Mind, your Body, carrying the qualities stored in the first into ultimate manifestation through the last, is the very Universal Life Energy you have been taught to use.



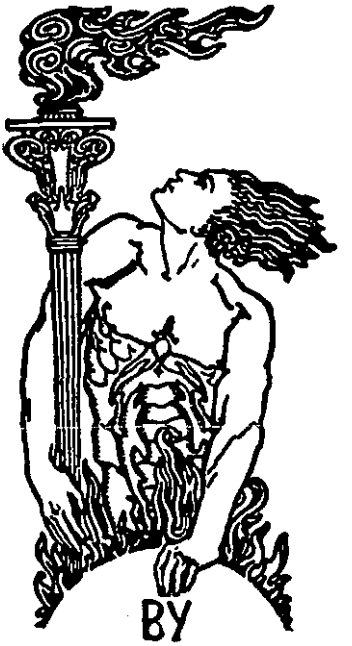
QUESTIONS

1. What is Individuality?
2. In what vital respects does it differ from Personality?
3. How can Individuality be best developed into expression?
4. What is the essential first step in seeking out the right environment for your Individuality?
5. How is self Knowledge to be acquired?
6. How can the example of great men help others to bring out their Individuality?
7. How is the value of the position occupied by any individual determined?
8. Of what does Independence consist?
9. When will the ideal of real Brotherhood between men and nations be possible of achievement?
10. What is the purpose served by Standardization in relation to Individualization?
11. What is Freedom?
12. How can Freedom be obtained?

LESSON TWENTY-TWO

"KNOW THYSELF AND THOU SHALT KNOW ALL"

SCIENCE OF BEING



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EUGENE FERSEN

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ANSWERS TO LESSON TWENTY-ONE

1. Individuality is:
 The unique combination of Soul Qualities which constitute your Real Self.
2. It differs from Personality:
 In that it is a direct, eternal and immutable projection from the Great Causeless Cause Itself, disinctively unlike every other Individuality and wholly beyond any human power to change or modify it. Personality, on the contrary, is a humanly constructed mask, often designed after a standard pattern, alterable at will and ceasing to exist as soon as the Individuality which illumines it is withdrawn from the Plane of Human Existence.
3. Individuality can best be developed into expression:
 By consciously bringing out and balancing the fundamental qualities of Energy, Intelligence, Truth and Love, and by using Universal Life Energy to stimulate and emphasize the distinctive qualities of Individuality through the terms of those Four.
4. The essential first step in seeking out the right environment for your Individuality is:
 To analyze yourself for the distinctive Individual qualities you possess, discovering first your needs there, and then with the help of Universal Life

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Energy to attract from outside the proper opportunity for satisfying those needs.

5. Self Knowledge is to be acquired:
 By using the Four Square of Life, Mind, Truth and Love to sift out of your composite human self the Real Self within it.
6. The example of great men can help others to bring out their Individuality:
 By serving as established proof that it can be accomplished, not by imitating someone else, but by simply BEING YOURSELF.
7. The great value of the position occupied by any individual is determined:
 By the degree to which that position challenges the exercise of the particular Individuality which fills it.
8. Independence consists:
 In the inner strength imparted by Individuality to make constructive use of existing Laws instead of evading or violating them.
9. The ideal of real Brotherhood between men and nations will be possible of achievement:
 When Man's individual and fundamental Freedom will be understood and respected.
10. The purpose served by Standardization in relation to Individualization is:



That it draws the bulk of Mankind to a higher common level from which they can launch more easily into the development of their respective individual traits.

11. Freedom is:
Unfettered constructive activities in accordance with Natural Laws.

12. Freedom can be obtained:
By developing into ever stronger expression your Individuality.



Dear Friend:

This Lesson will explain to you that outer envelope of your Being which you call Personality. It is, so to say, the border line across which the real inner "You" passes for the first time into the sphere of material expression, the present medium through which the Individuality of your Soul struggles more or less into evidence within the bounds of human perception. It marks the battle front where the assortment of qualities comprising Yourself breaks into conflict with the outside influences of your environment, the surface level which reacts first to other people and things with which you come in contact.

Therefore your vital concern is to develop a fine, forceful, and magnetic Personality which will accommodate all that flows into it to its own positive standard of Strength, without yielding place to any other influence. The more you reconcile your Personaliy to the Individuality it is meant to express, the more you invest it with that Strength. Your treasures of powers and qualities reside only within your Real Self, but your ability to bring them out into practical realization depends solely on the extent to which you adapt the channel of your Personality for their transmission.

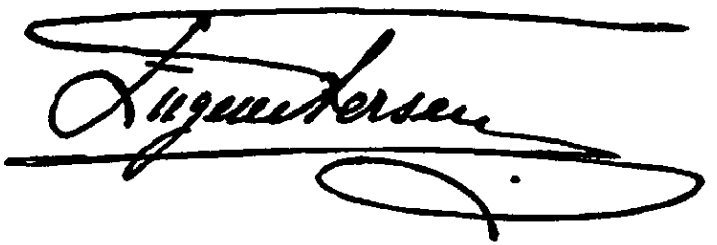
The value of Personality is recognized today as never before. People perceive it as their main hope and reliance



in their great Life Race, the instrument by whose help they can win to the front or through neglect of which they drop hopelessly behind. Every normal being naturally desires to lead rather than be led, to be strong rather than to have to submit to strength. Qualities of leadership are the most highly prized of all assets that anyone can bring into any walk of life, because the World today is desperately in need of leaders of the right kind.

You, and all people, have within you these qualities of leadership. You have before you the possibilty to bring them out. It remains only to adjust the channels for their expression, to clarify and develop the Personality which will let them shine forth unobstructed in their full vigor. This you can do, because Personality is within your reach and subject to your conscious revision as well as responsive to the constructive power you are able to bring to bear upon it. The object of the following pages is to give you all information necessary for doing it intelligently and well.

Cordially yours,



SCIENCE of BEING

LESSON TWENTY-TWO

Extraordinary changes which are taking place in all walks of Modern Life, but particularly in business and in trade, reflect a growing appreciation of the value of Personality. Merchants are no longer content merely to have goods for sale; the goods must sell themselves. For instance, there is a vast difference between a stock of fruit dumped in a slovenly heap, and the same fruits attractively arranged to display their qualities to the best advantage. The alert tradesman perceives that he cannot simply keep articles to sell to those who need them; he must dress out and exhibit the intrinsic virtues of his wares, creating the demand for which he cannot afford to wait. In other words, he must make his goods cooperate with him in their sale by investing them with a pleasing Personality.

What is true of the goods is exactly true of the individual behind them. Your Personality is the manner in which you present to other people the array of intrinsic qualities comprising your Individuality. A deft and well ordered display of the positive endowments within you constitutes an attractive Personality. An inappropriate display or careless neglect of them results in a disagreeable or weak one. In the former instance, you capitalize the "difference" in which resides your genuine value. In



the latter, you simply let that value lie unused, of no profit either to you or to anyone else.

Obviously, therefore, if you want to realize practically on your own peculiar inner talents, or Individuality, you must provide them with an adequate Personality through which to emerge into expression. Very often people with a less striking Individuality than others derive a far greater actual value out of it by taking full advantage of what it offers, equipping it with a Personality through which that value can break forth into evidence. Many potentially strong individuals, on the contrary, whose inner treasures of Individuality are far more rich, allow that waiting wealth to remain uselessly buried beneath a shabby Personality, simply because they do not appreciate the need of exploiting deliberately what they have. They look on Personality as a mere by-product, desirable but not worth wasting conscious thought or effort on, which will ooze out of them as naturally as perspiration. This is a great mistake.

Personality is an effect of which Individuality is the inner basic Cause. Between the two is the channel of physical, mental and emotional machinery comprising the Human Being. If the channel is free and open, permitting the Law of Cause and Effect to function unimpeded through it, the Personality projected into expression will



correspond to the Individuality behind it. But if the channel is choked by Ignorance, Indifference, Sloth, etc., the activity of the Law is so blocked that only a distorted and feeble Personality glimmers into evidence. The Effect, in other words, does not translate into equivalent expression the Cause from which it sprang.

Yet Personality borrows its value solely from the accuracy with which it manifests the distinctive qualities of your Real Self. The more your Individuality is warped and shriveled from its original lines in transmission through your human machinery, the less it is worth in its exteriorized aspect as Personality. That is why the majority of people are born, live and die in obscurity; they never let their Real Selves out enough to stamp their identifying mark in the Material World in which they live. The environment molds the individual to its own monotonous pattern instead of the individual carving his unique destiny out of the environment, and whenever that happens the result is invariably mediocrity.

Strength, poise and power measure their degree by the extent to which Personality strikes an even balance with the Individuality it represents. You are the fulcrum across which the Law of Cause and Effect must work. Until Individuality transfers itself past the pivotal point into equally weighty expression you do not secure that



equilibrium so vital for effective exertion of your powers and faculties. Therefore your interest is to see that the transfer does take place completely and that the proper balance is established.

In promoting this adjustment, your attention and conscious efforts are necessarily focused upon the Effect side of the equation. The Cause itself, your Individuality, is utterly beyond your reach to modify in any way. From the beginning it has been nothing less than perfect and harmonious; it sets a standard which its expression as Personality has failed to maintain. But Personality, the outward manifestation where the lapse occurs, is within your reach and subject to your manipulation. There you can eliminate the disharmony that has crept in, emphasize and draw out the qualities that have been shut back, remodel, develop, adapt and bring up to the particular standard existing for it in its source the whole top-heavy structure.

In this process you start, so to say, at the bottom and work upward. Your Personality asserts itself through the three Planes of your Being, the Physical, the Mental and the Spiritual. As the Physical Plane is the very foundation of your human Existence, the one into whose terms the activities of the other two must be fused for ultimate expression, that is where your work of reconstruction must



start. In proportion as you make your material surroundings receive the stamp of your Individuality, manifesting the basic harmony within your Real Self, you eliminate the flaws and distortions in your apparent self, or Personality, which stands between.

Your inner harmony, in flowing out, will touch first its nearest environment. Therefore it is in your physical appearance and your home that your start should be made. Even the way you dress yourself, though it seems to be a trivial detail in comparison with the greater object in view, is in reality a quite effective barometer of your whole progress. There is nothing in the exterior world of Matter nearer to you than your own clothes; they enwrap the focal center from which the harmonizing influence spreads outward, like ripples from a stone dropped in a placid pool; so in the taste manifested in their selection and arrangement your inner sense of harmony first breaks into evidence. Through them it widens swiftly into the home and beyond, until eventually it laps the far shores of your material existence and activities.

The richness or poverty of the surroundings on which you are to impress your Individuality is of no consequence. Material elements have a limited secondary value proportioned to their rarity, but their primary worth is borrowed from what they wear of one's Soul qualities. A



simple plate of copper etched by the master hand of Benvenuto Cellini to the lines of one of his concepts will fetch thousands of times its weight in gold, while the value of a golden plaque wrought by the hand of an uninspired artist does not stir above the market price of the metal. The lovliest fabrics can appear cheap and tawdry under the handling of a cheap character; the poorest stuff can mirror the nobility of the nature it adorns. Similarly with every material foil which challenges the exercise of your qualities; it bears thereafter the stamp of greater or less worth which you imparted to it through the seal of your Personality.

Once you begin to harmonize your direct environment, you feel impelled to modify your personal attitude and conduct to suit it. The visible outward improvement reacts as a stimulus on the other Planes of your Being, a back-surge spilling over into your manners and ways of dealing with people and inaugurating the second step in your development.

In these more subtle channels of expression also it must be borne in mind that Personality is simply an agent to carry your Individuality out into evidence. It cannot do this by merely conforming to cut-and-dried rules of behavior; it must fit etiquette to you and not you to etiquette. Strength of character, naturally and harmoniously



asserted, is the formula for true gentility, which can never be acquired by pruning away your distinctive qualities to the plan of an established and conventional pattern. A strong, well balanced individual, though ignorant of accepted forms, will instinctively do the right thing at the right time. Such a one is what the world calls a born gentleman—gentle in his ways, yet invincibly firm and direct in nature.

Many people, misunderstanding what Strength really is, imagine that rough, domineering manners are the sum and substance of a strong Personality. They try to assume the appearance of what they feel emanating from those who are genuinely superior to them, to "put on a big front," as it is aply termed, with nothing solid back of it. This tendency crops out particularly in the younger generation, school and college boys diligently shedding the pleasant manners learned at home in favor of a swearing, bullying demeanor which they naively associate with manhood. While such an attitude may impress the gullible for the moment, it is a broken reed in time of stress. There is no sound core of true qualities within that puffed pretense of a Personality, and at the first test of circumstances it collapses abjectly.

Simplicity, Courtesy and Sincerity are the Fundamentals of attractive contacts with other people. They are



what carry conviction and inspire liking. "Be yourself" is an axiom to be followed rigorously in all circumstances, because it is only through letting your own Real Inner Self emerge as it is that you can act in accordance with these three essentials. The more you diverge from your Individuality in the Personality you present to the World, the more you defer to outward forms at the sacrifice of your intrinsic qualities, the farther you slip from the object to which you aspire. Genuine Manliness is based, not on weaknesses, fear and shortcomings, but on true qualities alone.

Women, urging toward equality of rights with men on the great wave of modern Feminism, often fall victim to the same dismal error of imitating men's shortcomings instead of taking example from their strength of positive qualities. Faults always stand out strikingly by contrast, like the one discordant note in a powerful symphony, but theirs is a shameful prominence to be shunned and not copied. Profanity, brutality or any sort of vulgar conduct never helped make a man; it unmakes them. Distinction mounts only on positive attributes of character; notoriety is simply the advertisement of weaknesses. One cannot substitute for the other, and while women can command equal recognition on either score by equally as-



serting it, they can win their goal only by intelligent emphasis of the constructive side.

The qualities that men can contribute to the complementary sex are the aggressive ones such as Energy, Courage, Reason, Initiative, Sense of Responsibilities, Self Control, Generosity and Wisdom. These are what cluster dominantly under the heading of Male Gender and they point very clearly the road of development up which women must climb to equality with men.

Men, on the other hand, if they do not want to be completely outstripped by women, must cultivate within themselves those qualities which women have pre-eminently and which in men are usually left undeveloped. These are of the passive and receptive nature typical of the Female Gender, such as Love, Patience, Gentleness, Sympathy, Forgiveness, Intuition, Refinement, Sense of Beauty, Love of Music, Arts, etc.

At present, neither men nor women are complete Personalities; each sex borrows its Identity from a lack which the other supplies, and each requires the other for its completion. In proportion as both develop that completion out of themselves instead of looking to the other for it, they acquire the true Self Reliance and Independence which is their common aim. That is why men must be alert to take from the female exchequer of qualities the



equivalent of what women are taking from their own, or else be content to see women rise superior to them by reason of more complete development.

Frequently men profess to abhor the idea of cultivating any of those refining qualities, lest it render them liable to the stigma of effeminacy. This attitude, if genuine, is a deplorable weakness, compounded in about equal portions of Fear of criticism and a perhaps well-founded mistrust of that Manhood whose integrity they are so jealous to preserve. If it is simply a habit caught from associates, it is a no less deplorable mistake. Real strength of character is tempered, not corrupted, by refinement; the contribution from the female catalogue of qualities is essential in bringing out the full richness of the male side. This fact finds its recognition and proof in the term selected to define the ideal of thorough Manliness—Gentle-man.

Aside from shaping your Personality consciously and intelligently, as described above, there is another aspect of even more vital importance to be considered—the composition. Just as a builder must take care that his materials —mortar, steel, cement, etc.—are of the best, as well as see that they are laid according to the plan of the architect, so you, in reconstructing the home of your individuality, must strain out of the stuff and fabric with which you work the impurities latent there. You must not only cor-



rect the structural flaws which your laxity has allowed to break out in your existing Personality, but you must purge the texture itself clean of the dry dust of evil left there by an endless sequence of Personalities from which it was derived.

Remember that although you have but one Individuality, a single living thread of the Eternal Fire, the number of Personalities through which it has pulsed and ebbed in its evolutionary progress up the Ages is legion. In each of the successive incarnations on which you climbed to your present stage of development, you wore a Personality more or less appropriate to the respective stages through which you passed, just as you might wear a suit of clothes. But unlike clothes, each successive Personality is erected out of the stuff of its predecessor, and each partakes also of that one vast composite Personality of the whole of Humanity of which it is an integral part. In this lies the explanation of so-called Heredity and the complex influences of your environment.

There is thus the accumulated product of the Past both within you and outside of you, comprising the substance from which you are to fashion your present Personality. It mingles the good with the bad, the sound with the dry rot, and confronts you with the problem of doing the best you can under the circumstances to elimi-



nate the undesirable and accentuate the positive qualities, in order to make your personality as perfect as possible. This is not an easy task; it is beyond your own limited human power to accomplish it; yet the whole tide of Laws and Forces of Nature sets in your favor and places at your disposal the means by which it can be done.

In Nature, the trend of all things is perpetually upward, from the existing condition into a better one and never from the better down into a worse. Evolution, or the Law of Eternal Progress, is the Fundamental Moving Principle which floods into expression through every Aspect of all Being, manifesting on the small scale through the individual as well as on the larger scale through the whole of the Race. Therefore Personality tends naturally to improve as Individuality, in its successive incarnations, unfolds more and more.

That improvement, however, can be very gradual and tedious, so slow that the amount of it in one ordinary lifetime is scarcely perceptible, or it can be very vigorous and rapid. If Personality is permitted merely to be dragged upward by the rising level of general Progress, responding only to the prod of hard experience, its advance will be at a correspondingly minute rate. But if it is given consciously the stimulus by which that improvement can be accelerated, the process of eliminating the negative and empha-



sizing the positive elements in it will jump quickly and energetically forward.

It is in this basic respect that Universal Life Energy becomes of invaluable assistance. That Force, the pure essence of the Positive, will reach the substance itself where you consciously are able to mold the form alone. However symmetrical and well proportioned may be the edifice you erect, it needs to be built of sound material if it is to stand without crumbling in the face of adverse circumstances. Temper those materials in the cleansing Fire of Life Force, so that the impurities are burned out and the good qualities enhanced, and the temple you raise from them will endure and gather strength throughout the entire course of its existence.

With this in mind, make it a practice to use Universal Life Energy constantly in every activity and undertaking of your daily life. Let It serve as the direct connecting Ray between the object to be achieved and your Individuality, the Vital Current through which your real reactions are stamped indelibly into your environment without being warped and blunted by the intervening barrier of a wrong Personality. In that way you will bring your Individuality into forceful and accurate expression, knitting its harmonious impulses unchanged into an equally firm and vigorous Personality.



A well balanced Personality is primarily distinguished by four striking features—it is Strong, Intelligent, Sincere and Pleasant. In other words, it manifests dominantly the Four Aspects of Universal Life Energy, Life, Mind, Truth and Love. The more consistently and energetically you assert those Four Qualities in each act of yours, the more you adjust every phase of your Mental and Physical Existence to the Standard they imply, then the more perfectly you develop and stabilize the character behind those acts.

Complete harmony and equilibrium are intrinsic in the Individuality from which your conscious human life is derived, because it is One with Universal Life Energy; complete harmony should and can be maintained in the expression of that Individuality. Invest every act deliberately with the same perfection inherent in its Source and you will automatically consume the negative taint in the Personality between.

Of the four essential Attributes which Personality must possess, the greatest is its Power of Attraction. That is what draws things and people within the scope of the other three and affords them the opportunity to exert themselves. This Power of Attraction is in direct proportion to the amount of Universal Life Energy you are able to absorb and store within you. Like a magnet whose pull be-



comes more irresistible and far reaching in exact ratio to the electricity poured into it, so your varied qualities of Body, Mind, and Soul flush into more and more lustrous expression on the quickening surge of that Force through them. It is what lies behind the whole intricate assortment of human machinery and makes it work and live.

Many Personalities otherwise well equipped to serve their purpose admirably fail to impress simply because they lack this vital animating Power. Often you have come in contact with people of mildly pleasing presence whose memory vanished gently with their faces at the end of a casual conversation. They die across the field of your experience as charmingly as a cloud reflection in a quiet pool, and as completely. The World is sown with intellectual spectres, also, whose mental agility and attainments are the marvel of all who behold—until some more substantial interruption like lunch switch their attention into a really serious channel.

Such Personalities are like perfect brands carved on cold iron—an intricate and richly wrought pattern which needs only fire to stamp its impress indelibly into its environment.

Remember, all Mental Laws and Forces function only as the physical stream of Life Energy turns the wheels. That is the Central River of Power from which each



Mental Mill must scoop its driving impulse, and if the current is weak all the multitudinous activities dependent on it will be weak also. First take care of your source of Power; once that is assured you will find little difficulty in adapting the machinery to get the most use of it.

Success in your Life Race and in the Life Race of everyone spells its secret in the word Strength. The whole purpose of human Existence is to OVERCOME; no matter what your occupation, no matter in what direction you turn your endeavors, the same problem presents itself to you—obstacles to be conquered by the exertion of your qualities. The one who is able to exert those qualities most strongly, who is able to call into play an extra margin of power over all the rest, is the one who forges into the lead and wins.

As long as Mankind continues to be born to this Earth there will always be competition, those who win and those who lose, because there will never be a time when the Law of Evolution ceases to function through Humanity just as through everything else in Nature. Even now, slow as that unfoldment is within the narrow limits of our concept of Time, its progress is measurable and can be proved beyond any question of doubt. Modern statistics disprove with cold figures any argument to the contrary, showing that the Human Race as a whole is markedly



taller, stronger and more intelligent than it has ever been before.

In the centuries to come an even wider gap will open up between what is now and what will then be. The weak and unfit will ever be ground into discard, a pathetic lower fringe of failures dropped unregarded out of the fierce Struggle for Existence, dross burned away in the incandescent heat of that battle in which they are no longer qualified to partake. Nations will rise and fall, peoples sweep forward to set new tidemarks for a succeeding wave to overlap, individuals tower to brief prominence and subside in the dust of years, and throughout the whole titanic combat the enfeebling elements will be gradually expelled to leave a stronger, finer, purer Race behind.

Yet this process does not mean that those who have been eliminated are doomed to wear their failure throughout Eternity—a theory once widely advertised in the conventional concept of Hell. In Nature there can be no stagnation, no permanent retrogression; every individual, however evil, weak and perverse, is compelled by the Law of Evolution working through him to sweat painfully out his composition the poison of negative in which it is steeped. Therefore the one brief span from birth to death, though it looms so big in our tiny vision, is in reality but



one small step in a very long and involved refining process, a single stage in an interminable sequence.

Death is simply the introduction to a fresh start in Life, the shedding of an old burden of disharmonies, imperfections and wrongs in order to enter anew, free from handicaps, into the arena of mortal Existence. We are born again and again, reincarnated each time usually under better conditions, with our own strength of positive qualities a little greater and our load of negative correspondingly less. As the whole of Humanity improves, so do the circumstances into which we are born also improve, opening to us in the successive grades of our schooling here wider opportunities and revealing loftier goals for which to strive. We are taught piece-meal, a bit at a time, what is too vast to be gulped down in a single lesson.

Most people, not realizing this, believe that they live only once on Earth and that their whole Fate hereafter is spun inexorably out of the thin threads of the years here. Consequently they see in the natural process of Evolution a remorseless, crushing Force, a merciless tyrant holding up to them one chance alone to achieve the heights and ruthlessly stamping out once and forever the multitude who fail. This is an appalling mistake.

Life is simply one school session in the uncounted ages of a complete Education. Today a single task has been



allotted, a single lesson to be learned, and between the dawn and dark of your Human Consciousness you will add the crumb of knowledge it contains to the store of your evolutionary experience. Tomorrow another task awaits you, a different problem challenging your further advance and demanding the exercise of what you learned yesterday for its solution. But meantime evening entices to rest, and like a child returning home from school the individual steps out of the class room of his Physical Body, away from the atmosphere of the day's responsibilities and mistakes, and passes through the Gates of Death into the Realm of the Invisible.

There he remains for a recess of longer or shorter duration, gathering fresh forces against the morrow when he will be incarnated again, but with a different Personality, a fund of Experience richer by the measure of what he has learned before, and with correspondingly greater opportunities and tasks confronting him in this new day of his Human Career.

As it was explained in the First Lesson, every human being is born with the power to win, to succeed. All the elements of Success are latent there, waiting only to be developed into expression. Some may avail themselves of those possibilities within, some may not. Eventually they will have to do so, but if they neglect now to realize on the



hoarded powers seeking expression through them, theirs is the fault and blame. They deliberately defer the end by refusing to bring forth the means when by applying themselves intelligently and whole-heartedly to it, they could develop out of the core of their being that which outlasts a thousand Deaths and attracts automatically from without the things that make Life worth living.

The ultimate end towards which Evolution tends is perfect equality, through the elimination of that Personality in whose differences inequality resides. Fundamentally, all human beings are equal and perfect, but no two Personalities transmit that basic perfection into a like degree of expression. Only as the flaws and imperfections existing in Personality are removed and it is made to coincide exactly with the Individuality behind it will it vanish and take distinctions with it.

That revision is your particular and specific problem, your contribution to the achievement of absolute equality among men. When all have first individualized themselves, then will emerge that Individualization of the masses referred to in the previous Lesson, the condition in which all attain an equal eminence of Freedom, Strength and Poise in the assertion of their respective arrays of qualities.

That state is yet an Ideal on the remote horizon of our



Evolution, a far goal toward which Humanity is streaming blindly by many and devious paths. In the van, now some and now others forge into the lead; behind, the same fierce competition boils and seethes throughout the following masses; the traveled course is strewn with those who have fallen by the way. Always there is Leadership on the part of a few, rivalry among the many and strife between all, yet all converging towards one common distant end—the Equality of Perfection, the only Equality there is.

Understanding this, you will understand clearly the true nature of Leadership and its relation to your own Personality. For the time, Personality is the indispensable instrument through which your Individuality must express. Yet it exists as a Personality by reason of the flaws and imperfections which distort and corrupt that expression. In proportion as you eliminate those flaws from it, so that it reveals ever more accurately the Real Self within, you rise from the gray level of mediocrity into the prominence of Success.

To lead, therefore, does not mean primarily to dominate others. It means to improve yourself, to advance at a faster pace than others in the development of your own qualities. In so doing you will naturally draw ahead of the others and also draw them after you, helping and



benefitting them; but you will never feel the impulse to misdirect your superior strength of qualities to their abuse. You will be too concerned with attuning yourself still further to the Law of Evolution on whose current you have attained your present elevation to waste your energies in a baser fashion.

In its final analysis, Leadership is simply the inevitable product of Growth. As your positive qualities fight free of the vicious negative passions which choke them, you are lifted into the open sunshine of the Success which breeds Success. You no longer look with envy or jealousy at those above you; their superiority becomes an inspiration and an example, a visible proof of what awaits you when you develop the strength to grasp it; but it does not arouse resentment and anger. You realize that you must grow to fit the position to which you aspire, both in vigor of Personality and unfoldment of Individuality, instead of hoping vainly to make the position fit you without shrinking from its present proportions.

No one can ever become a leader without paying the price for it. Only when you learn to obey whole-heartedly the instructions of those bigger in character than you, without malice, jealousy or false pride, will you qualify to lead in your turn. Only as you absorb experience from above can you put it into practice in a widening sphere



below you. Only as you exercise your inner powers to a greater strength through matching them with the more powerful can you rise to a loftier height above the less capable ones around you and pull them upward also.

But you must first recognize and face frankly the fact that your Progress can be bought only by a corresponding burden of Responsibilities, a weight which increases with each forward step and exacts from you full recompense for your advance beyond the supporting level of the crowd. Unless you are willing to assume that burden and pay the price, it is better to give up any idea of becoming a leader and thus avoid certain disappointment of your hopes. But if you honestly desire to be among those whose heads are rising above the rest of Humanity, if you are ready to trade the sweat of your brain and heart and body for the glory that only real achievement brings, you have at your disposal the Power to drive you on to victory over every obstacle that may bar your path —Universal Life Energy.

EXERCISES

Continue to practice as usual the Star Exercise morning and evening, Relaxation, Silence and the continual Contact with Universal Life Energy. Then to the sum of those specific Exercises for which the above are the foun-



dation, add the new Exercise for this week, called MAGNETIZATION.

The purpose of MAGNETIZATION is to attract, by the exertion through your intrinsic qualities of a sufficient Force, the elements for their material expression and realization. It is accomplished by pouring through your physical and mental channels a constantly increasing flood of Universal Life Energy, to flush forth in an ever more powerful radiation that contacts and draws within your reach from outside whatever is needed to embody in fact your ambitions and desires. For the performance of MAGNETIZATION, proceed as follows:

Relax, enter into Silence and make the Mental Contact with Universal Life Energy. When you feel the Force flowing, stand and extend your two hands straight forward in front of you, in a position of blessing, with the palms downward. In effect, you are genuinely blessing the World during this time, because the Physical Stream of Universal Life Energy soaking in through every cell and nerve of your body is concentrated into a real River of Power sent out from your hands into Space. That constructive and animating Force not only benefits with its stimulating touch the entire World, to whose limits the vibrations instantly penetrate, but it establishes also the physical connection you desire between your immaterial



concepts and the corresponding material means for their realization. It gives first, richly and abundantly, and in the giving puts into operation the machinery of an inevitable equivalent return.

This machinery is the Law of Compensation, which determines that in proportion as you give out of yourself into the general pool of All Wealth, or Achievement, that wealth spills back on you in the specific form required by your qualities for their materialization. You become a Nucleus of Magnetic Force, a Center of increasing Attraction from which, through the channels of all your varied positive traits and talents, a stronger and stronger current pours out to set up an equally strong flow in return. In the stream of that returning flow of Power, naturally, are carried to you the things you desire, the opportunities you need, the contacts with people which will open the way for you to your goal.

Your attitude during the performance of that Exercise of MAGNETIZATION should be one of serene and impersonal Love. Be glad to give the World your surplus of vitality; let the warm glow of that giving steal expansively through your whole Being; simply feel happy, harmonious, poised. The more you are able to invite further relaxation in this way, the wider you will open within yourself the channels for the flow of Universal



Life Energy and the finer will be the tinge of your own Self which you impart to the outgoing current. This, because of the higher rate of vibration with which you thus invest it, will in response attract to you from without the best and finest also.

Do not try to localize the Power of Attraction you generate during that MAGNETIZATION to any single or particular object you wish to achieve. By limiting it to a specific thing you limit it also in its strength and effectiveness. When properly developed, it will attract anything and anybody with whom you come in contact; but just as one light needs the supporting radiance of many candle-power to make it brilliant, so one application of Magnetic Force needs the support of its own strength in every direction to make it in the highest degree efficient.

MAGNETIZATION should last only for from five to ten minutes each time it is practiced. Physical or mental effort of any sort must be avoided, as the keynote of the Exercise is thorough relaxation of the sort derived from complete poise. If your hands and arms feel tired in the beginning, do not try to keep them up, but drop them and raise them again when rested. As practice accustoms you to the position all fatigue will vanish and you will develop gradually the requisite ease and strength which it must be your aim to achieve.



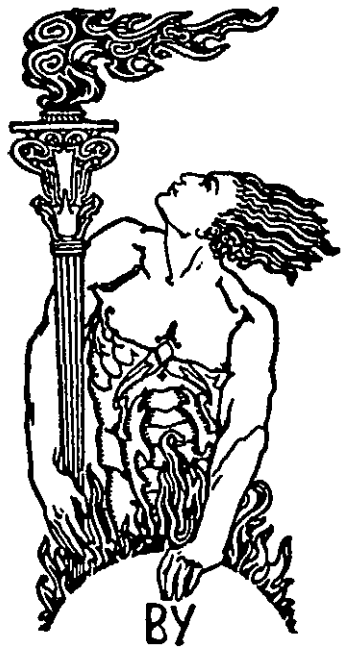
QUESTIONS

1. What is Personality?
2. How is Personality related to Individuality?
3. What practical results are obtained by adapting Personality to Individuality?
4. Where should this re-adjustment start?
5. What relative importance do material surroundings bear to this process?
6. What are the distinctive attributes of a real Gentleman?
7. What qualities must Women develop in order to attain equality with Men?
8. What qualities must be cultivated by Men in order not to be outstripped by Women?
9. In what vitally important respect does the use of Universal Life Energy help reconstruct your Personality?
10. What are the distinguishing features of a well balanced Personality?
11. To what single vital Fundamental do all the varied activities of human life finally reduce?
12. Define Leadership in its relation to the Law of Evolution and ultimate end toward which it tends.

LESSON TWENTY-THREE

"KNOW THYSELF AND THOU SHALT KNOW ALL"

SCIENCE OF BEING



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ANSWERS TO LESSON TWENTY-TWO

1. Personality is:
 The manner in which you display to others the qualities comprising your Individuality.
2. The relation of Personality to Individuality is:
 The relation of an Effect to its direct Cause.
3. The practical results obtained by adapting Personality to Individuality are:
 Emergence into actual expression of that Individuality, with corresponding development of Strength, Poise and Power.
4. This readjustment should start:
 On the Physical Plane into whose terms all human activities must ultimately be fused for expression, and first of all on your nearest material environment, your physical appearance and your home.
5. Material surroundings are important in this process:
 Simply as foils to exercise and draw forth your inner harmony of qualities, and not for any poverty or worth attached to the material elements themselves.
6. The distinctive attributes of a real Gentleman are:
 Strength of qualities, gently but firmly expressed through their own natural channels of Simplicity, Courtesy and Sincerity.

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7. The qualities which Women must develop in order to attain equality with Men are:
 The aggressive qualities of the Male Gender, such as Energy, Courage, Reason, Initiative, Self Control, Generosity, Wisdom and Sense of Responsibilities.
8. The qualities that Men must cultivate in order to maintain an equal footing with Women are:
 The receptive qualities of the Female Gender, such as Love, Patience, Gentleness, Sympathy, Forgiveness, Intuition, Sense of Beauty, Refinement, etc.
9. The vitally important respect in which Universal Life Energy helps to reconstruct your Personality is:
 In eliminating the negative inherent in the composition of your Personality, deposited there from the preceding incarnations of your Individuality.
10. The distinguishing features of a well balanced Personality are:
 Strength, Intelligence, Sincerity and Pleasantness, representing the Four Primary Aspects of Universal Life Energy, Life, Mind, Truth (Law) and Love.
11. The single Fundamental to which all the varied activities of human life reduce in the final analysis is:
 The Power of Life Itself, or Universal Life Energy.
12. Leadership is:
 The natural result of a stronger and quicker unfold-



ment of qualities on the part of some, which carries them forward ahead of the rest on the spiral course of Evolution. Once this Perfection is achieved by all, Personality with its imperfections will be eliminated and the Absolute Equality which resides in Individuality alone will prevail.



Dear Friend:

In this Lesson you will make a broad survey of all the knowledge you have collected concerning Universal Life Energy in its action through the Three Planes of your Being, in order that you may gather the triple Branches of that Power into a single focus as one concentrated Ray, combining into one harmonious unit the forces respectively of Body, Mind and Soul. Once you are able to achieve this, you have at your command a Power invincible in whatever direction you may choose to turn it, whether for healing purposes, business or any other constructive work, because for every task to which you apply it you enlist the full strength of all your qualities instead of the limited strength of the few directly concerned.

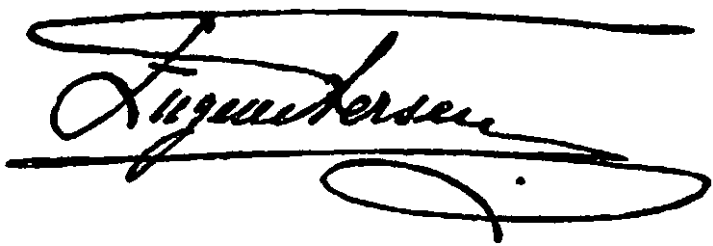
Until each individual can break down the negative walls which bar some of his Soul Qualities from complete expression, that individual cannot experience the full freedom he is here to attain. The Life Lesson we are sent here to learn is Independence, the utter Self Reliance based on the enduring Strength of qualities within and not the precarious liberty that depends on the help of perishable material things, such as money, worldly power, human beings, even of friends. Only by attuning oneself to the Infinite and Eternal Power of the Universe, in Its Four Aspects of Life, Intelligence, Truth and Love, can such



Independence be achieved, because only that Power is immune to destruction or to change.

That adjustment cannot be imparted to you by someone else. If you are sick, it is because of some fault of your own, some mistake which you have to search out and eliminate by yourself. You develop your Strength only as you exercise it, and in this Lesson you will be given the most advanced yet simple processes of self adjustment. Whether the prospect appeals to you or not, you must sooner or later experience it anyway in the course of your Evolution, so the sooner the better.

Cordially yours,



SCIENCE  *of* BEING

LESSON TWENTY-THREE

The first part of "Science of Being, dealing only with the Physical aspect of your Being, taught you the simplest methods of contacting Universal Life Energy and using It on the Material Plane to make your Body strong, clean and healthy. Next, you studied the subtler activity of that Basic Force on the Mental Plane, Its operation through complex Mental Laws and how to handle It in connection with the Concentrated Thought in order to remove the causes of most physical and mental ills. Finally, you analyzed Its changing play through the quick and delicate machinery of your Emotions, the human instruments through which your Soul seeks its most direct expression.

Today you will enter upon the last and greatest step it is possible to achieve in your present State of Human Consciousness, the one for which your previous efforts were designed to prepare you—the fusion into a Single Ray of all the potent Forces of Body, Mind and Soul. Only if all three channels, the Physical, the Mental and the Emotional, through which your Individuality must unfold its qualities, are developed to the same pitch of absolute perfection can you expect to accomplish this blending of their respective powers. Therefore your Success now will be both the test and the reward of your work in the Past,



placing at your disposal a Perfect and Infinite Power before whose radiance all darkness melts away, or revealing the flaws which still stand in the way of your realization of It.

This Power, derived from the combination of the vibrations of Life, of Intelligence and of Love, represents the Soul Vibrations, in whose terms are compacted all the specific powers relating to each member of the Human Trinity. Very few people are able to employ Soul Vibrations in their daily life, because very few ever attain that apex of complete and rounded development on every Plane which alone will render them fit channels for those Vibrations. In one respect or another the individual is almost certain to fall short, favoring perhaps some shortcoming not strikingly prominent in itself but of fatal significance so far as achieving the ultimate in constructive Power is concerned.

Soul Vibrations are the natural result of utter Poise. In diagram, they are represented by the exact central point to which the Four Aspects of Universal Life Energy converge when they are equally developed into expression. The individual, as a unit, must therefore conform *unerringly* to the Ideal embodied in the Four Square, which he can only do by conforming to it precisely in all departments of his Being separately. He is like a triple lens



through which the clear Soul Ray holding his Identity must pass into manifestation; but the respective members of that lens must be in perfect alignment to permit unobstructed passage. A distorting weakness which throws even one a trifle off scale blurs the focus, introducing a flaw which, caught up and projected by the passing current, effectively cancels the perfection of the other two.

That is why this highest and finest harmonizing method is explained to you almost at the end of the Course, after you have devoted a certain period of exclusive training to each of the Three Aspects of your Human Existence in turn. You have been brought in a logical progression nearer and nearer to that state of complete Poise so vital for the transmission of Soul Vibrations. Conscientious practice during the past five months will have developed the Four Aspects of Universal Life Energy into equal and balanced expression on all Three Planes of your Being, producing that inner condition of Equilibrium, Peace and Harmony which attunes you to the Highest. But unless you have scrupulously eliminated all the imperfections, you will fail by just the margin of your neglect to secure that exact conjunction of all your powers and faculties on which this crowning Success depends.

There is no way to force Soul Vibrations. Like the single correct answer to a problem in Mathematics, they



form the one and only perfect solution to that long and complicated problem of your life. If the problem has been solved rightly, the right result emerges naturally and inevitably, but there is no allowance for error. Even a fractional mistake in the preliminary working trails its widening length throughout the whole succeeding process and erupts in a gaping fault at the last. You cannot patch that crack together at the end and call it healed; the only recourse you have is to go back to the original mistake, the cause itself, and by eliminating that knit together the entire wrong sequence springing from it. Then, and then only, will the discordant elements resolve themselves into the thoroughly harmonious relation for which you strive.

In your progress thus far, you will doubtless have observed the change for the better within your own self, and studied along the traversed route you will perceive the mile-posts of certain immutable Truths by which you have clambered gradually upward. First among them will be the distinct realization that your own powers and forces cannot be unfolded by proxy, through the agency of someone else. Your personal development is in exact proportion to the personal, individual effort you put into it, and nothing else. You cannot let another person take the exercise for you and expect to gain strength from it yourself.



Therefore the responsibility of mending any flaws in your character devolves solely upon you. Into every desire you wish to see accomplished, every ambition you want to achieve, you must pour the utmost that Body, Brain and Heart can give. If all your faculties have been developed to the harmonious proportions of the Four Square, you will bring to bear on that task a positive flow of constructive action that no obstacles can thwart or hinder. If you still harbor weaknesses and shortcomings, those weak spots will show up with unmistakable clarity under the testing strain and invite your attention to their repair.

Another mile-post which will command your instant recognition will be the correlative growth of responsibilities with your own growing capacity to carry them. The higher you rise in the Scale of Evolution, the more important will become the duties you encounter and the greater the responsibilities which fall on your shoulders. You gather to yourself the threads of all the myriad lesser responsibilities strung across your path; with each step the burden increases; but each step challenges the exertion of greater Strength, the unfoldment of lustier Powers, to take it. That ever more imposing weight is the foil against which you whet your qualities to a keener and brighter edge, tempering them for the stiffer opposition to be cleft next.



You can never hope to dodge the refining process and yet acquire the finer temper, accomplish the harder aim. Whatever object you have in view, it commands an equivalent outlay of your own forces to win and hold it. Your concern is to steer a direct course for it, clinging stubbornly to that main purpose and marshalling every effort to drive you onward through the difficulties that clog your way. The farther you advance the larger and more complicated will be the load of responsibilities you accumulate; but as long as you pin your attention to the one dominant thing you will always find plenty of other people to take care of the details.

The Great Law Itself will supply those whose measure of ability is sufficient to embrace the small parts of the greater Whole; your job is to carry the load of that "Whole." For this most difficult work you must keep yourself free of entanglement in distracting petty details, while at the same time serving as the central hub which holds those details in order.

This is the reason why some people are able to draw to them hundreds and thousands of individuals and fit them snugly into their appointed places, each a working unit through which functions one fraction of a great coherent scheme, while others have to unravel their smaller problems alone. Those who work on the vaster scale have



unfolded from within themselves the vaster Strength which qualifies them to do so; they are concerned with the big movements that exercise their superior ability and cannot afford to fret away their talents on the minute dependent reactions which must automatically fall into line.

Yet for the most part they started alone, on the little scale, cultivating their individual powers bit by bit from the very source and building up to their present position by a process of sound growth free from blemsh, from beginning to end. The so-called "Captains of Industry," men who wield the authority crystallized in tremendous sums of money and to whom are tied the destinies of thousands of employees, usually started at the bottom in this fashion, poor in wordly goods, but rich in latent ambitions and qualities which they developed gradually, through struggle, into compelling expression.

What is true with relation to the pursuit of Wealth and Material Success is equally true with relation to the pursuit of Health. Physical disharmony is the reflection of disharmony within yourself. If you were at the top of your efficiency, with all your qualities equally developed on the three Planes, your Body would be an impregnable fortress against all the negative influences that might assail it. The perfect Harmony inside would constitute an



unbroken wall of protection, innocent of any crevice through which negative influences might penetrate to corrupt it. In such a conditon of utter Equilibrium, of Inner Poise, it would be impossible for you to express disharmony of any sort. You could not experience headaches, colds, sicknesses, etc., because you would be wholly immune to the discordant vibrations of which they are the result.

"Like attracts like" is a Natural Law, functioning alike through the Physical, Mental and Emotional channels of the individual. The disharmony that every human being more or less unconsciously fosters within himself is an open mouth to drink in destruction from outside. It attracts the corresponding negative vibrations and pours them into his Mind, there to grow and spill forth eventually in a rich variety of evil ways. Every negative condition you permit to exist, whether in Mind or Body, acts as a vicious magnet to draw more trouble to you.

The cure of this lies exclusively in your own hands. Real adjustment can proceed only from within and never from someone else. Another individual can relieve you for the time being from some particular trouble which may afflict you and by so doing will appear to help you, but that help achieves no permanent cure. It lasts only as long as the helper chooses to extend it; when he ceases to



substitute his strength for your own, the burden settles back on your shoulders with redoubled weight.

Only as you yourself put forth the necessary effort and develop in yourself the Strength to throw off that burden, instead of relying on outside aid to lighten it, can you rid yourself of it completely and finally. Others may bring to your assistance their support and various harmonizing methods to overcome physical or mental ills, but at best they simply aid you in a work that can actually be accomplished by only one person—yourself.

Very often people are led by circumstances to concentrate on the development of one side of their Triune Nature, to the neglect of the other two equally important sides. An individual will discover his greatest profit and pleasure in the exercise of his Mental faculties; consequently he will allow himself to be absorbed wholly into that single channel of expression, while his Physical and Emotional parts wilt unregarded about him. Another will find his greatest interest in the cultivation of Bodily strength, a pursuit in the rear of which his Mental development tags along in a casual and disinterested fashion. Still others live chiefly through their Emotions, a spectacular existence shot with warm contrasts but notoriously lacking in balance.

However striking may be the progress any of these



make in a single specific direction, it is never enough to compensate for their backwardness in the others. The tragedy of one who has fought to the pinnacle of human power and worldly possessions, whose word perhaps swings the destiny of nations or reconstructs the entire social edifice from foundation to roof-tree, yet who topples from his throne of authority at the first passing breath of a cold or a contagious disease, is almost too general to excite comment. As long as people will house their most precious gifts in a weak and rickety vault of flesh, as long as they will provide for their sublime qualities a shabby, absurd, outworn material instrument to express through, they will deliberately place all they have won through a lifetime of painstaking struggle at the mercy of every destructive influence they may encounter.

Those who have experienced a serious illness, particularly if it happened during a critical period in their affairs, know the feeling of utter helplessness in those moments and the new perception of values they find looming out in stark relief against that empty ground. They are eager and willing to part with any amount of money, power and material goods, if in exchange they can buy back the Health they were accustomed to take for granted when they had it. The conditional nature of worldly advantages becomes more vividly apparent the more those



advantages slip beyond reach; but frequently this viewpoint is attained too late. Doctors, with all their skill, are often helpless to prop the tottering wreck on its feet again and make it go as before.

Such individuals owe their unhappy condition to their own neglect. If, instead of turning to drugs and medicines for the strength they need, they would repair and re-fuel their physical engine during spare moments through the use of Universal Life Energy, they would generate within themselves the necessary vigor to throw off any negative condition that might attach them. They would knit into their very Being a solid and permanent defense as well as an ample reserve of Power, and would increase that reserve every time they were called upon to use it.

As it is now, the cornerstone of many a far-flung enterprise is a medicine chest; but modern sentiment is beginning to set less and less faith in the man who draws his efficiency from a pill box. The demand is for genuinely strong individuals, sound to the core, whose executive efficiency is simply the direct expression of real Strength and Power within.

Business men of today are arriving gradually and instinctively at a realization of this. They devote a portion of their time to golf, tennis, and various other physical exercises whose benefits they are quick to perceive and



appreciate. The next step is to take full advantage of an adjustment so auspiciously started and promote it still more vigorously by contacting the wonderful Power of Universal Life Energy all the time, flushing It through every farthest corner of their Triune Being, washing away discord, stimulating positive growth, coordinating Body, Mind and Emotions toward that harmonious relation which will blend into one invincible Soul Ray the individual qualties and powers carried into expresson through them on the current of this Universal Force.

The bitter root which sprouts into evil blossom on any or all of the Three Planes of Human Existence draws its sustenance from the dark places of the Human Mind. There, in Ignorance, Fear and Apathy originate the perversions of constructive power that blight and ravage your normal channels of expression, choking back the very qualities whose development is essential for the Equilibrium you seek. Consequently it is in Mind first that you must light the lamp of Understanding, whose searching radiance will expose the hidden causes of the negative that break into evidence and will reveal to you the proper way to handle it.

Fortified with this Understanding, you will discover that the first actual step on the road to complete self adjustment is by way of moral sanitation. That is, you must



eliminate the sudden and treacherous destructive passions which so often blow apparently out of nowhere to blur your faculties, upset your Poise and eat away the mental and physical foundation stones of your whole Being. They are of all harmful influences the subtlest in their nature and the most dire in their effects, hard to anticipate, easy to indulge, baffling in their variety, violence and uncanny accuracy in storming each vulnerable point; but as instantly vulnerable in turn to those who know how to meet their assaults.

So whenever you feel Anger, Jealousy, Envy, Pride or any other phases of so-called Evil Passion, do not fall into the specious course of trying to overcome them by sheer Will Power or persistent Mental Denial. Your humanly mental forces, while they may succeed for the moment, really accomplish in the long run the exact opposite of the desired results. They stamp back within you the very negative that your own Soul is endeavoring to throw out of your system. A more virulent self poisoning can scarcely be conceived, because that venom, accumulating more and more within you, will inevitaably crop out at last in the form of all sorts of organic or mental troubles.

Your mode of proceedure, when you feel the gust of ominous passions rising, is to recognize them frankly for what they are, understand the purpose behind them and



set courageously and intelligently about the business of helping to eliminate them in the fashion Nature has decreed. Instead of closing yourself up through an abrupt exertion of Will, relax, make the contact with Universal Life Energy and admit ever more abundantly the healing current of Love. That energizing Power, in its Aspect of Love, will accomplish the miracle of transmuting the evil you are trying to expel, because it will pierce through the crust of negative vibrations to the core of Universal Life Energy imprisoned within them, the innocent source from which they borrow their vitality and power, and in liberating that positive nucleus will restore to their original harmonious condition the destructive vibrations comprsing your wrong impulses.

Remember, the basic activity of Universal Life Energy, especially in its Highest Aspect of Love, is to establish harmony wherever It goes. Discord and negative are powerless to withstand Its positive influence and infinite harmonizing qualities. Therefore in all that It touches the bad is melted away just as the good is emphasized, and the distorted balanace resumes gradually its normal state of Equilibrium and Poise.

However much of the Negative there is in an individual, it is nevertheless limited and must sooner or later be brought to the surface. The more you will use Universal



Life Energy in transmuting it as it appears, the more astonishingly easy and efficient you will find yourself becoming in that respect. As you develop daily toward the Perfection required for the Attainment of the Soul Ray, the formidable surges of temper lose in power in proportion as you gain, dissolving magically at the touch of the Force you summon to encounter it. No other process of self adjustment could so thorough, quick and painless, and none so exactly satisfying, because no other could be so naturally right.

As the current of Universal Life Energy floods in through your Soul Itself, of course It sluices also into that sunken mental seat of most of the evil that you experience, your Subconsciousness. The negative stirred up there and flung to the surface for elimination is sometimes so great, because of the strength of the Power used, that it may cast you for the time into a torment of utter hopelessness and despair. All fine qualities and constructive thoughts seem swallowed in the murky torrent of Evil, abandoning you to a darkened world of selfishness, wrong and woe.

In such a predicament, one needs the raft of a sure Knowledge to keep him afloat. Armed with your Understanding, you are able to perceive the real significance of this unpleasant state and welcome it as an excellent sign. You know that the worse the outside tastes, the more thor-



oughly the inside is being scoured and cleansed, and that when all the dirt has been washed up and eliminated you will feel like a new Being, re-born to a finer State of Consciousness and a happier life.

If you wish to help others to a similar re-birth, remember that Universal Life Energy, recognizing no barriers of Time or Space, can be transferred to any distance by means of Absent Treatments. However far your patient may be, and however ignorant of his geographical location you may be, he is always instantly within your reach through the long arm of that Force. Simply concentrate your thought very strongly on him for a moment, even visualizing him as present before your face, and then release the healing current over that mental line.

If the individual will attune himself to the vibrations you send, proper adjustment will occur as the Negative is there transmuted into the Positive. Just as an electrical current of killing potency, when directed into a transformer, emerges merely as a stimulating and harmless flow on the other side, so the destructive power of Evil is strained of its ability to harm the individual once he is insulated from it by the great transformer of the Universal Force.

Patience and Perseverance are the two foremost aids in the task of purging the impurities out of your Triune



Nature. A realization of all the Negative that you have been collecting and carrying with you through countless incarnataions will reconcile you to the few months or even years it will take to eliminate it. You cannot wipe so vast a slate clean at a single sweep, yet every effort at self improvement marks a gain of no mean scope. Work without haste but also without lagging, alert to climb steadily and persistently out of your present condition toward that summit of Perfection to which you aspire, and you will discover that the journey is not devoid of compensating pleasures by the way.

Frequently people are persuaded that this progress is to be bought only at the cost of equal suffering and travail. Nothing could be more erroneous. Though Perfection is the lesson we are put on this Earth Plane to learn, there is no reason to expect that it must be beaten into us through sorrow, fear and trembling. Our own Ignorance has conjured up that scowling spectre to haunt our path, but the first glimmer of Reason will put it to flight.

Our suffering and distress is merely the pinch of those mistakes which we are continually making. Eliminate the mistakes and the distress and suffering promptly disappear. Uproot the Causes of mistakes, now so deeply entrenched within you, and there will no longer be even any reason to make mistakes.



Always retain your Perspective of yourself with relation to the World outside you. Learn never to blame others for evil which comes into your life, but to search out the fault in your armor through which that evil could penetrate into you. You know, by the Law of Vibration, that only through some center of corresponding negative vibrations in you can the Negative from without gain entrance. Have the sporting spirit to recognize this fact and apply yourself to getting rid of the flaw which corrupts your own Inner Strength and Harmony. Make every disagreeable experience the vehicle to teach you something of value in developing your own character, the indicator to point out an existing flaw, and exult in the advantage you have gained instead of grieving over the passing pang you have suffered.

Preserve an indomitably joyful and optimistic attitude, no matter how hard circumstances may press you. The more you repose your full confidence in Universal Life Energy and throw your whole weight into the scale of the Positive, the more rapidly you equip yourself to conquer all adversity. You are conscious that through Universal Life Energy you enlist the Great Law itself in your favor. Therefore if the Powers of the Unverse are with you, what can stand against you on any constructive course? With the help of such Forces you are naturally bound to win.



When you feel your courage dying within you, be quick to recognize the origin of that depression and thereby shield yourself from its effect. Understand that it is not the real YOU from which this despondency emanates, but from the negative embedded in your Superficial Self, loosened and yielding now in this bitter humor to the death your positive forces have prepared for it. Let your Reason prove to you that you are listening to the dirge of an evil thing meeting destruction, because Good itself is indestructible and eternal. Only Evil is perishable, and the sooner it perishes the better.

Govern your life by true, intrinsic values rather than by apparent worth. Often you hear people complain "My love for so-and-so has died. My faith in him is completely gone." Yet genuine Love is above all things eternal. What has died is something less precious, undeserving of the grief that is too generously poured out in tribute to it. Perhaps it was infatuation, or a wrong concept of love which met its merited doom; but that individual's burden is only so much the lighter for having dumped such a counterfeit, if he would stop nursing his woe long enough to appreciate the fact.

Faith, Love, Confidence, Hope, all the separate strands of that Sustaining Cord on which human lives and ambitions are threaded, are imperishable. The Blind Faith that



sometimes seems to wilt, either has never been Faith or it is the blindness itself which has dissolved too suddenly for one accustomed to the dark. Blindness even in Faith is a shortcoming to be eliminated, in order that it may give place to the Enlightened Faith, based on the rock of sure Understanding which can never be blasted from beneath your feet. Such a Faith grows constantly in firmness and strength, because it KNOWS instead of just believes.

Perceive the Truth in all things, so that you can discriminate the real from the seeming, and you will save yourself much unnecessary tribulation in your Earthly Career. Apply the Knowledge you have gained to a scrupulous analysis of yourself, seek for the flaws with an earnest desire to uncover and correct them, use to the best advantage the Forces and Powers at your disposal, and you will advance briskly toward the Goal which exists for every Being on this Human Plane—that is, the complete realization through this mortal channel of all the marvelous possibilities with which each one is endowed.



EXERCISES

Continue as usual with the Star Exercise morning and evening, Relaxation, Silence and the continual Mental Contact with Universal Life Energy. Then proceed with the new Exercise for this week, known as PURIFICATION.

The purpose of PURIFICATION is to clean from your inner atmosphere all traces of impurities which may have escaped your attention before or crept in since. In essence, it is the refinement of all that work you have done in the past weeks of these Lessons, the final straining of your character through the sieve of the Knowledge you have acquired and the Universal Power whose uses you have learned. To practice PURIFICATION proceed as follows:

After you have relaxed, entered into Silence and made the Contact with Universal Life Energy, think of that Force in its greater Aspect as the Life Breath of the Universe. Perceive It in Its absolute purity, utterly fresh and untainted by contact with the coarser atmosphere in which Mankind is accustomed to dwell. Inhale deeply and rhythmically, and during the inhalation try to feel this Power entering into you, drenching lungs and body with its flow. Perform the Exercise in a standing position, outdoors or before an open window if the temperature permits.

Presently you will be conscious of an extraordinary



sensation of Purity and Freshness pervading your entire Being. Dullness and fatigue will be brushed aside like stale valley mist before a clean mountain breeze. That exhilaration comes, not from the wholesome air you take in and which serves chiefly to prepare the way, but from the clear sparkling inrush of Universal Life Energy Itself, pouring abundantly in with the air you breathe. There is no more practical and effective way to purge and stimulate your whole inner Being than this.



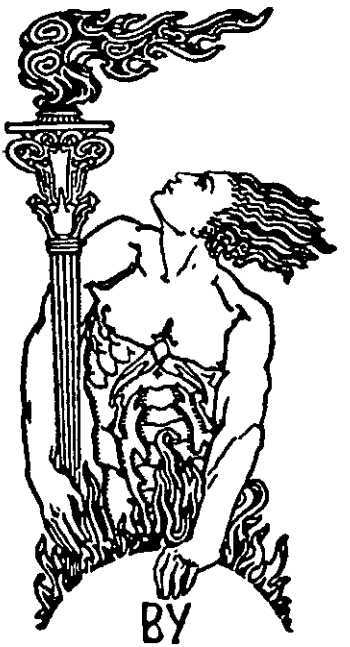
QUESTIONS

1. What is the Soul Ray?
2. How can it be contacted?
3. In what way does the Soul Ray serve to test your harmonious development of character?
4. What is the advantage in starting at the bottom and working up to positions of greater power and responsibilities?
5. In what way is the individual responsible for any negative conditions he may experience?
6. Why is it unwise to rely wholly on others to cure negative conditions in yourself?
7. What is the great drawback to exaggerated development on any one of the Three Planes?
8. Where are the original Causes of all discord you may suffer to be found?
9. How can evil passions be eliminated?
10. What may be the effect on you while the Negative in you is being expelled?
11. What fundamental difference identifies Good from Evil?
12. How does Knowledge of that difference profit you in living your own life?

LESSON TWENTY-FOUR

"KNOW THYSELF AND THOU SHALT KNOW ALL"

SCIENCE OF BEING



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EUGENE FERSEN

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ANSWERS to LESSON TWENTY-THREE

1. The Soul Ray is:
 The fusion into a single Ray of all the potent forces of Body, Mind and Soul.
2. It can be contacted:
 By developing all Three Planes of one's Being into exact conformity with the perfect Ideal embodied in the Four Square of Life, Mind, Truth and Love.
3. The Soul Ray serves as a test of the harmonious development of your character:
 Because it cannot be transmitted if any imperfections still exist to obstruct its passage, but it will reveal the nature and location of those flaws in your human channels.
4. The advantage in starting at the bottom and working up is:
 That you develop from the very foundation the Strength to carry all the added responsibilities that fall on your shoulders as you advance, whereas one who is loaded with the responsibilities before he has developed the Strength to carry them finds the burden crushing.
5. The individual is responsible for any negative conditions he may experience:

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In that a corresponding center of negative vibrations must already exist in him to attract that Negative from outside before it can get in.

6. It is unwise to rely wholly on others to cure negative conditions in yourself because:
 You thus depend upon the strength of someone else to relieve you for the moment of that condition, instead of developing in yourself the Strength to get rid of it entirely.
7. The great drawback to exaggerated development on any one of the Three Planes is:
 That it destroys your Equilibrium and Poise and thereby makes you an easy victim to any negative influence you may encounter.
8. The original Causes of all discord you may suffer are to be found:
 In your own Mind.
9. Evil passions can be eliminated:
 By transmuting them through contact with Universal Life Energy, especially in Its Aspect of Love.
10. The effect on you of negative in process of being expelled may be:
 A feeling of utter hopelessness and despair.
11. The fundamental difference which identifies Good from Evil is:



That Evil alone is perishable, while Good is indestructible and eternal.

12. Knowledge of that difference profits you in your own life:

By enabling you to penetrate to the true value of things, thus sustaining you in your own dark moods and also saving you the sorrow and distress one is apt to feel when illusions crumble.

Dear Friend:

One of the most important and mystifying of those strange phenomena which weave a subtle pattern into the fabric of our lives will be explained in this Lesson—the Affinity of Souls. Those contacts which all the time sparkle along the outer edge of our respective spheres, some to break as soon as made, some to flare unkindly, some to catch and kindle into a grateful blaze of enduring Friendship, mark the process by which we instinctively select the material to build into our expanding circle of associates, but it has a far deeper significance than this alone. It indicates the real reaction of one Individuality to another, the natural blending of qualities into a harmonious and working alliance, or their mutual unsuitability to combine for any constructive purpose.

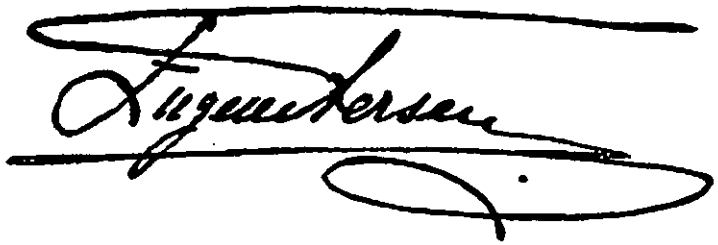
The value of a clear understanding and perception of



these basic reactions which are reflected in our Conscious lives cannot be overestimated. To know how to handle them for one's best advantage is not only to control the trend of one's growth in outside activities, but it enables every individual to eliminate mistakes in the most crucial step in their life, Marriage. All the unhappiness and distress which recently has swept out in a tidal wave of divorces and made marriage an extremely critical problem of today is unnecessary and, by a little intelligent foresight into its causes, can be avoided entirely.

Finally, the prenatal influence of parents on children will be revealed, and information given how to transmute bad characteristics of children into good qualities. Every parent has a direct responsibility to the great Human Family no less than to his own. The Evolutionary Progress of the Race takes its impulse first from the new generation that comes into it. Therefore the attraction of Souls already highly evolved, and the more rapid unfoldment of their qualities by the right kind of education, will occupy the closing pages of this Lesson.

Cordially Yours,



SCIENCE  *of* BEING

LESSON TWENTY-FOUR

Most people have had occasion sometimes to observe and reflect curiously upon their instinctive reactions to those with whom they are thrown in contact in the general course of affairs. Out of your own experience you can probably piece together an odd pattern of likes and dislikes, threaded apparently at random amid the outer fringe of recent acquaintances who dangle ever about the edge of your expanding circle of friends. You are remotely aware of a singular process of selection from which these threads spring, a sudden shifting of shadows out of which they float as mysteriously as some windblown strand of a hidden web, but their definite origin is beyond your power to determine. Why are you unaccountably drawn by one individual the moment you set eyes on him, left totally indifferent by another, while a third will excite an instant hatred and repulsion no less distinct because it has not yet been crystallized through an introduction?

The immediate impulse is to attribute such reactions to certain obvious traits in the one who is the object of them. You diligently comb out of his character the good or the bad elements, whichever your sentiment toward him impels you to seek, and throw them as a sop to your Rational Mind, saying "I like him because he is intelligent," or "I dislike him because he is untruthful."



Yet that is only a subterfuge, a clever reversal of logic to feed into your baffled Reason and still its hungry clamor. You have met equally intelligent people whom you found repellant and encountered many a most engaging liar. It would be more honest to say "Because I like him, I am disposed to admire his intellect," and "Because I dislike him I am quick to detect his every lapse from absolute accuracy."

It is necessary to penetrate much deeper in order to discover the real source of your different prejudices. Beneath the stilted superficial self which each one parades before the conscious inspection of his fellows is another Self, true Author and Prompter of his human role. That Self functions on a Plane beyond the level of your perception, unhampered by the limitations which bound your mortal sphere. There, behind the scenes, so to say, are formed the attitudes which your outer self enacts obediently on the stage of your mundane existence. You are aware only of sympathetic or conflicting thoughts, interests, tastes, physical attributes, etc., the pegs on which you hang your friendship or your enmity; but of that other silent meeting where two Individualities, stripped of their clumsy human pretensions, stand face to face and sum up their relations on the spot, you have no knowledge.

When you experience a peculiar feeling of completion



in the presence of another individual, a sense of ease and restfulness that is at the same time pleasantly stimulating, it signifies that in the subtle chemistry of Soul Vibrations your respective natures have fused into a harmonious whole, blending like two concordant notes or colors. Both of you derive from your association something that you could not furnish from within yourselves, and each measures the strength of his attraction to the other by the margin of his gain. Inversely, a person whose society leaves you cold has nothing to invite mutual exchange, while one who arouses your antagonism from the start has qualities that clash violently with your own.

Therefore, your predilections for or against those with whom you come in contact are not mere incidents, accidental happenings that have their beginning and their end in your present term of human life, but are a part of that eternal Identity of yours on which are strung the countless sequence of incarnations through which you have achieved your unfoldment on this Earth Plane. A love felt now may strike its roots deep through a thousand ages to tap an attraction born of your first encounter with that individual; hatred may suck its sustenance from a quarrel conceived in the earliest dawn of human life. Whatever the initial reaction may have been, it was fostered throughout all subsequent meetings and carried on



from one incarnation to another, becoming constantly stronger and perhaps erupting at last into violent expression.

That is why there is usually combined with a sudden instinctive liking or dislike for someone you have just met for the first time an elusive feeling of recognition, as if you had encountered him elsewhere but could not quite recollect the circumstances. You have brought over the memory of past experiences which, instead of remaining decently interred in your Subconsciousness, emerge to prowl about the outskirts of your Conscious Self the moment contact with that individual is re-established. Except in very rare instances you can never discern the exact nature of that meeting, because you both wore entirely different Personalities from the ones you wear now; but the flavor of it still clings in the sap of your being.

The great lesson for you to learn, one of the most important for your quicker Evolution, is to understand those inner promptings and take constructive advantage of them. If you feel attracted toward a certain individual, you know that your natural inclination coincides with the Law of Eternal Harmony, or Love. Promote the operation of that Law through you by loving the individual to the best of your ability. Love being at the same time the Law and Its Own Fulfillment, by identifying yourself



with It in that respect you advance so much further towards the identity with It in all respects which must ultimately be achieved.

On the other hand, if your first impression of another person is one of repulsion, take it as a warning that there is something radically wrong between you. The more you indulge that negative urge, the farther you slip back from the goal of positive development to which you aspire, and the greater the obstacle you erect in the path of your own progress. Mistakes never mend themselves of their own accord; they must be made right by deliberate action on your part before they will cease to obstruct your way. Therefore, face the situation boldly, with the firm determination to change it for the better.

In this task Universal Life Energy is your invaluable Helper. Actual liberation of All Evil lies in its transmutation into All Good, a feat accomplished most readily through the agency of that Omnipotent Force. Whenever you feel your negative emotions rising against another individual, promptly make the contact with the Universal Power and direct Its friendly current to the seat of the discord both in yourself and in him. The basic activity of Universal Life Energy being to harmonize, It will first give you the Poise to withstand every unkind aggression, and will meanwhile dissolve the disharmony envelop-



ing that act, thereby accomplishing the desired transmutation.

However strongly you may feel impelled to retaliate in kind for some undeserved offense or antagonism, do not yield to that destructive impulse. Realize that it springs from the negative within you, which responds in this manner to the Negative outside. Your course, instead of cultivating the evil parasite in your nature, is to blight and wither it under a purging flood of Positive Forces. Make every meeting with the other individual an occasion to rid yourself of some of that latent poison in your system by drenching it with the current of Universal Life Energy. Thus you will not only equip yourself to handle more effectively the negative directed against you, but you will heal an open wound that has bled you mercilessly throughout many past incarnations. And finally, in the very process of benefitting yourself, you will make of an enemy a friend.

The Universal Brotherhood of all things is a Fundamental Fact of Eternal Existence. Only Perfect Harmony prevails behind the myriad faulty manifestations which sprout forth into human perceptions, because the Great Law governing the entire Universe is Harmony Itself. The Purpose of mortal being is to correct those lapses from the original harmonious state in which disharmony consists



and to realize in its transitory expressions the Harmony existing perpetually in Basic Fact. Until this is accomplished, the End Mankind is created to attain will remain an End yet to be achieved, so it is to the interest of everyone to spend a little conscious and intelligent effort in promoting their own progress.

"Love your enemy" seems a bleak and unprofitable precept from the limited point of view, but properly understood with relation to your Real Self it becomes your guiding star on the uncharted way of your Evolution. It does not mean to wallow in a sentimental sympathy for another person's evil traits, condoning the wrong he does in the vain expectation of thus encouraging the good. Rather, it means to rise to the challenge of that negative and wage implacable war against it, but a war whose weapon is love for the positive qualities and whose strategy is the development of those qualities into vigorous expression. Such a Love, clear-eyed and steadfast, recognizing the wrong only to sweep it more effectively from the path of right, will carry you as far on the way of your own unfoldment as it lifts the other individual from the abyss into which he has been drawn.

One thing to be borne in mind is that Love, like all things in our Human State of Consciousness, has its gradations. Those who stand nearest to us have a correspond-



ingly greater claim on our affections than those who are further away. The ampler channel commands the larger flow; it is unnatural to do more for strangers or for enemies than for one's own friends. Endeavor to widen all channels, giving to each its due mede of attraction, but do not concentrate on the lesser at the expense of the more important. That would be a perversion of the Law, destructive to Equilibrium and Harmony, carrying with it the penalty that every perversion ultimately does.

Marriage today has broken out into one of the most acute problems which educators are called upon to solve. The unhappiness so long repressed under an iron crust of convention, has erupted in an increasing avalanche of divorces. In this new era of sincerity and directness, people are no more willing to suffer the disharmony that mars their relations. Lacking a cure, they seek relief by cutting entirely the bond which has become a grief and an oppression to them. Yet the solution lies in a plain understanding of the causes behind that discord, an accurate perception of those basic flaws which have turned their promise of richest happiness into a canker of disillusionment.

There are two main objects served by Marriage, or the mating of two individuals of the opposing sex, one immediate and one—the dominant one—deferred. The



immediate object is of course the continuation of the Race, the propagation of the species, and is confined to the brief space of years during which the human mechanism is capable of performing that function. The other and foremost object which emerges into evidence only gradually in the long run, is the more complete development of those two manifestly incomplete types of beings, Men and Women.

The division into sexes is the physical reflection of a division that exists in the expression of Soul Qualities. The perfect Soul Ray is, to say, shorn of half its qualities in its passage through the human lens. Therefore two individuals of the opposite sex are like the two halves of a sphere, both incomplete in themselves, but each possessing what the other needs for completion. Both have latent within them the elements which, when developed, would make them independent wholes, but those elements must be aroused to growth by a corresponding stimulus outside.

The attraction between sexes on which Marriage is based is simply the instinctive hunger of these forlorn halves for completion. A man, the embodiment of manifested Male qualities, is conscious of a lack which can be supplied promptly only by a Woman, the embodiment of manifested Female qualities. Moreover, it must be the particular woman whose complement of expressed quali-



ties fits in just where his own leaves off. He must find the half that exactly corresponds with his half, since only then will there be that Equality out of which absolute mutual Freedom, Harmony and Happiness can come.

If two individuals are properly mated, the expressed qualities in each stimulate the corresponding qualities latent in the other into growth and unfoldment. The man discovers that he is developing out of his Inner Self the very traits of character which he sought, with unconscious selfishness, to acquire all at once when he married the woman of his choice. She, on her side, finds that she is bringing out in her character the more positive traits she desired to obtain when she permitted herself to be chosen. In other words, the two halves which were first drawn and held together by the limited power of a rather selfish mutual attraction, subconsciously based on the personal gain each expected to derive from it, find themselves expanding slowly into two independent, individual and harmonious spheres, kept in perfect relation one with another by the unlimited power of Universal Attraction, of Love, and thus fulfilling the very Law which first brought them together.

The reason so many modern Marriages lapse into a mounting fever of unhappiness that culminates presently in a divorce is because, aside from the legal aspect of the



union, there was really no union whatever. The two contracting parties, instead of listening to the Inner Voice of their Higher Selves, simply acted on the spur of momentary impulses or whims. Such a marriage, the direct outcome of a weakness of character which corrupts genuine Freedom into license, is wholly devoid of any spark of Love. At best it is a passing infatuation, usually excited by some personal and physical attributes, and lasts only until the appetite appealed to has been sated.

The victims of that ill-considered union discover, to their sorrow, that Marriage has utterly dissolved instead of enhanced the attraction which brought them together. The mists of their intoxication vanish with the satisfaction of their cravings, and from the midst of the lifting vapors each looms forth into stark, unlovely focus before the eyes of the other, with all the faults hitherto obscured by the blinding thrill of desire now harshly accentuated by contrast. Naturally, once they come to their senses and find that they have actually nothing in common between them, the only rational thing to do is to part.

But if they had understood and availed themselves of the real liberty of thought and action belonging to Modern Youth, there would be no separation, with all its devastating effects, because there would have been no marriage in the first place. Self Reliance, the right to see and judge



and decide for themselves, is what the new generation has demanded and received. Until some of its members learn to appreciate and exercise that right, making use of their own power to discriminate for their own advantage, they will not be able to sift out the good and the bad either from other people's passions and emotions or from their own. They will be traitors to their own standard, discrediting the very movement under which they flourish and reaping the inevitable penalty of distress and unhappiness which weakness, by the Laws of Nature itself, always incurs. Marriage under those circumstances, far from being a constructive union of qualities, is simply a disaster.

When you contemplate Marriage, make sure that the prospective alliance has in it the elements of Success, both for your own sake and for the sake of the one who will share the outcome, whether good or bad. Everyone has within their grasp the means to determine accurately just to what extent they are suited to each other and the probable trend that a prolonged intimate association will develop. You cannot do this through Reason alone, which is too easily prejudiced by immediate wants and too often fallible; but through Reason supported and directed by a Power that is by nature Infallible, your problem yields a ready solution.



Universal Life Energy will invariably show you the true relation in which you stand with another indivdual. When you are with the one you consider choosing as a life companion, make the contact with that Force, take the other person's hand in yours or place your hand on their shoulder, and watch what you feel as a result. If there is really an inner blending of qualities so that the Strength of one supplements the Strength of the other instead of clashing with it, you will warm up to the surge of clear confidence and energy which wells up within you. On the contrary, if you experience a sudden cooling of your fervor, a plunge from ecstatic heights down to a surprisingly placid level, where you become soberly aware of a sense of coldness and indifference towards the one who a moment before seemed everything to you, you may be sure that underneath the deceptive sparkle of surface emotions there exists nothing in common.

Be warned by what Universal Life Energy searches out in the depth of your Being and you will not make a mistake in the most important step in your life. Know before hand whether Joy and Happiness, or Sorrow and Discord are waiting to be evolved from the mingling of your respective natures. Then Wedlock will cease to be a tragic gamble, because you will have the definite assurance that a



harmonious union of qualities actually exists to endorse the union of your human lives.

In cases where Marriage has already started fond dreams down to wreck and ruin, Universal Life Energy is again the Healing Agent which can build those shattered fragments back into ultimate realization. Perhaps you find that the partner who, by human law, stands the closest of all mortal beings to you, is in fact still almost a total stranger to you. The presence of that individual is an intrusion and an irritation to you, accentuated by the very intimacy of your relations. Every word and act seems barbed with your own resentment, pricking you to constantly greater antagonism.

To meet this situation, make the contact with Universal Life Energy whenever you feel your anger rising, and turn its harmonizing current upon your own discordant emotions. Let It flood to the cause of the friction, whether an unkind attitude on the part of the other or an intolerant humor in yourself, and cure the open sore at its roots. Perseverance in this course will eventually wear away those conflicting angles of your respective natures from which disharmony comes, will heal the wounds and bruises they inflicted and will re-erect in your lives the Happiness you thought splintered beyond repair, The miracle that human beings, with all their Intelligence, Will



Power and Reason, are helpless to achieve, is simply one of the natural functions of the Great Power of the Universe.

The second great duty which devolves upon those who enter into the married state, aside from self improvement, is the improvement of the Race. The instinctive motive woven in with the mating urge is the production of children. In nearly every other department of animate existence except his own, Man has exercised all his intelligence and ingenuity to breed ever finer types, selecting and encouraging the good qualities and striving to eliminate the bad. Plants, animals and birds bring forth their best under his ministrations and for his profit and pleasure. Yet Humanity itself, though after all the most important part of Creation, is left to propagate in the same casual and accidental manner, rambling slowly and aimlessly up the Evolutionary Path along which they boost lesser forms of life with the utmost enthusiasm.

Recently some important and warmly disputed steps have been made in the proper direction, introducing the first semblance of order into that haphazard process; but until SCIENCE OF BEING definitely uncovered the tremendous flux and flow of unseen Causes from which the embodied Soul mysteriously emerged, the one supreme and vital problem whose single solution embraces all the rest



remained unanswered—the prenatal influence of parents on their children.

The sort of child to be born to prospective parents is determined by them solely during the few moments of their Physical Union. Rarely has the unexampled significance of that act been perceived, and in consequence most children are merely incidental to the indulgence of an appetite. That is why the sons and daughters of the great seldom fulfill the expectations of their birth, while those of the obscure and humble often exceed theirs. Those luminous Souls which blaze brightly in their passage through the human firmament are the fruit of at least one instant of Perfect Love, whether found in cottage or in palace, and as there are considerably more cottages than palaces in the World, that ratio is apt to be reflected in their respective contributions to the ranks of notables of the Earth.

During that Physical Union the strongest Physical, Mental and Emotional Vibrations, blended into one whole which represents exactly the combined attitude of both parents-to-be, are projected into Space. Like attracts like; the Soul whose vibrations are keyed to the corresponding pitch is drawn irresistably, by the Law of Attraction, to the maternal vehicle for its incarnation. Conception takes place within the womb and from then on the matter is



irrevocably settled. The parents can take the most elaborate measures to develop the soul that has come in response to their call, but nothing they can do will ever exchange it for another more to their taste.

All the strange vagaries of heredity have their explanation in this precise activity of Soul selection. The attitude by which alone it is drawn may smack largely of the characteristics of the parents, and usually does, or may quite possibly partake of none of them. A child may be patterned on the general plan, both with respect to traits and physical appearances, of either, or it may show no trace of any common bond. Grandparents may crop into evidence, depending on the extent to which their influence was bred into the deciding attitude; but the basic factors are exclusively the attraction of similar characteristics and not biological transmission.

The vital importance of those crucial moments, therefore, cannot be exaggerated. They should be approached only with the most exalted sense of their sacredness and sublime significance, a frank and fearless understanding of the new stream they are to open into the swirling tide of Human life. Shall that stream drain the swampy grounds of baser passions and emotions, finding access only through the lowest and most unwholesome part of the parents' natures? If that is the sorry gate unlocked to it, yes. Shall



it freshen and clarify the dubious ocean into which it pours helping to lift the sluggish average rather than dragging it down? Unquestionably it will, if parents locate its source intelligently in the pure heights of their finer nature instead of blindly and ignorantly straining it through the corrupt valley bottoms.

Realize that one of the greatest responsibilities Human Beings can incur is the introduction into this World of another Soul. A man or woman who would gather in depraved and vicious alley sweepings as welcome additions to the family circle could not expect to blame anyone but themselves for a tragic lowering of the moral tone in consequence. Yet people constantly rake the dregs of their own natures for the additions they will make to the Great Family of Mankind, and are pained and grieved at the results. The guilt lies exclusively with themselves, and when they have the courage to recognize and understand distinctly this scientific fact, they will take good care, not only for their own benefit, but for the good of the entire Race, that they should open those highest channels alone in their natures through which only the more finely evolved Souls can emerge into expression on this Earth.

The question may occur to you, what then will be the fate of those lesser evolved Souls who will be deprived of the opportunity to work out their further Evolution on



this Human Plane? There is no need to worry about that. The Great Law of the Universe sees to it that no Individuality lacks the appropriate environment for its unfoldment, whether the plane is within the scope of our human perception or not. If the one short grade of earthly life is advanced a degree higher on the Evolutionary scale, the grade behind it takes up the slack. It means simply that the less advanced Souls will have to travel a bit further elsewhere before they qualify for promotion within the more elevated margin of Human Existence.

Children already born under unfavorable conditions created by their parents are not doomed by that initial misfortune to a whole life of unhappiness or mediocrity. All face the same problem of Evolution from a lower state of Consciousness into a higher one, and none can skip any of the intervening stages. The only difference is that some start lower down than others, the level at which a Soul enters into material manifestation being determined by the average level of the attitude maintained by the parents in summoning one. If they, through ignorance or weakness of character, have tapped a vent near the bottom of the scale, their penalty is in proportion to the degree of their indulgence. They have to bend further and pull harder to lift the individual up to the mark of their expectations. Yet by persistent and intelligent use of the



Forces and Laws of Nature, the Evolutionary Progress can be accelerated to an extent that will overcome almost any handicap.

Make a sound knowledge and constant use of Universal Life Energy, both through the Star Exercise and the Mental Contact, a fundamental part of the child's training. Also, whenever negative traits break into evidence, apply that Force yourself. The result will be that under this continual bath of Positive Power the evil and disharmony will be transmuted as fast as it boils to the surface, the perverse causes from which it springs will be gradually eliminated out of the growing character, the foul film which dulls that budding Consciousness will be washed away and the whole unhealthy human vehicle made clean and perfect for the transmission of the true, perfect and harmonious Being expressing through it.

Patience and perseverance are naturally required, but parents who are aware of their blame and their responsibility in the matter will not count such a penance too heavy for the splendid results that will ultimately be achieved.



EXERCISES

The Star Exercise morning and evening, Relaxation, Silence and the Mental Contact are to be continued as always, culminating in the new Exercise for the week, known as UNIFICATION.

The import of UNIFICATION is implied no less clearly in the name itself than in the simplicity of the Exercise. Its whole object is to dissolve away whatever remaining shell of negative still persists to insulate you from complete union with the Universal Forces. To perform it, proceed as follows:

After you have relaxed and made the contact with Universal Life Energy, concentrate your Mind on the perception of that Force as a Universal Power outside of you, a Shoreless Ocean in whose midst you float. Then, through the process of VISUALIZATION explained in Lesson XV, endeavor to realize your Unity, your Oneness, with that Power. As ice melts in the water from which it is derived, so let your separate Identity merge mentally and physically into a sense of complete Union with the Infinite Ocean out of which you had your origin. Let the dividing line dwindle away, so that you are acutely conscious of the living waves of that Force washing in endless sequence through every part of your Being.

The proper performance of the Exercise will give you



a stimulating sense of extraordinary Power, Confidence and Joy. The Infinite Force of Universal Harmony will vibrate throughout Mind and Body, just as the mighty power of a great organ is gathered behind one chord to which the theme is keyed. All the petty discords which snarl below the surface of ordinary existence will be swept aside before your Conscious Realization of your Oneness with the Great All and your perception of the Universal Brotherhood of Man.

As UNIFICATION is the culminant point to which all previous Exercises are erected, its success will be in proportion to your conscientious and systematic practice of all that has gone before. Details are thus swallowed in one simple process that binds them into a single coherent whole, but each of those details has been one graduated step in a definitely ordered progress that demands the equal development of all in order to realize the highest.



QUESTIONS

1. What is the explanation of sudden instinctive likes and dislikes for other individuals?
2. Are they necessarily restricted to your present Human Existence?
3. What Law is manifested through a liking for another individual?
4. How can that Law be observed toward one who arouses your hatred?
5. Why are modern marriages so frequently unsuccessful?
6. What are the two dominant natural motives behind Marriage?
7. Why can they be realized only if two individuals are properly mated?
8. How can Universal Life Energy be used to discover the right mate?
9. How can disharmony be eliminated from married life?
10. What determines the kind of child that will be born to prospective parents?



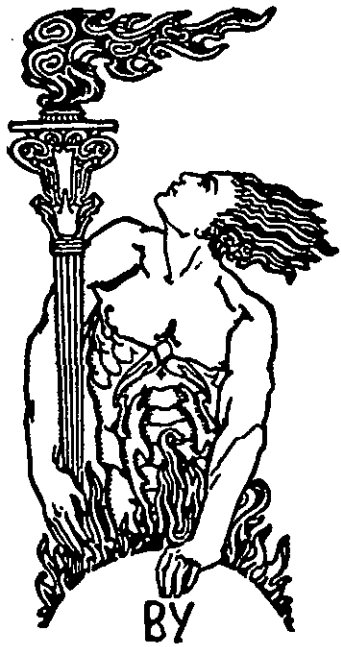
11. Explain the importance of parents' attitude during the few moments of their Physical Union?

12. How may bad characteristics of children be transmuted into good qualities?

LESSON TWENTY-FIVE

"KNOW THYSELF AND THOU SHALT KNOW ALL"

SCIENCE OF BEING



BY

EUGENE FERSEN

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ANSWERS to LESSON TWENTY-FOUR

1. Instinctive likes and dislikes for other individuals:
 Are prompted by the harmonious blending or conflict of Soul Vibrations between others and yourself.
2. These likes and dislikes:
 Are not necessarily restricted to your present human existence, but may have had their origin in any one of countless previous incarnations in which you first met the individuals concerned.
3. The Law manifested through a liking for another individual is: The Law of Attraction, or Love.
4. That Law can be observed toward one who arouses your hatred:
 By using Universal Life Energy to dispel your angry emotions and to help you perceive the good qualities in your enemy, and then by loving and encouraging those qualities into a growth that will soon expel the negative traits you resent.
5. Modern Marriages are so frequently unsuccessful:
 Because there has never been any real union of Soul Qualities back of them.
6. The two dominant natural motives behind Marriage are:
 Prmarily, the mutual development and unfoldment

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into complete expression of the individuals themselves, and secondly, the continuation of the Race.

7. They can be realized only if two individuals are properly mated:
 Because the expressed qualities of each must constitute the stimulus which arouses to growth, the same qualities latent in the other.
8. Universal Life Energy can be used to discover the right mate:
 By contacting It, then placing your hand on the shoulder or hand of the one you contemplate choosing as a life partner and observing the reaction It will bring to your consciousness. If you feel a surge of increased power, confidence and pleasure, your Soul Qualities blend satisfactorily, but if you are aware of a sudden coldness and indifference toward one you thought you loved, there is not that basic harmony so indispensible for constructive and happy association.
9. Disharmony can be eliminated from married life:
 By using Universal Life Energy to balance and reconcile the conflicting angles of your respective natures.
10. The kind of child that will be born to prospective parents is determined:
 By the attitude of the parents, the traits of character



most strongly represented, during the few moments of their physical union.

11. The importance of parents' attitudes during the few moments of their physical union:
Lies in the fact that the vibrations projected by them into Space at that time attract a Soul of a corresponding rate to be incarnated. Therefore if those vibrations represent the best of the prospective parents' natures, a correspondingly evolved Soul will respond, while if the lower side of their natures is represented, the Soul attracted will be of the same low level of development.

12. Bad characteristics of children may be transmuted into good qualities:
By teaching them how to contact Universal Life Energy constantly in all their activities, and by directing that Positive Force into them yourself whenever they allow their negative traits to erupt into evidence.



Dear Friend:

Love has always been hailed as the Great Ideal, the one Dominant and Supreme Power which rules the Universe. Yet the exact manner in which it performs this stupendous task has never been compactly and clearly explained. In order to appreciate the tremendous Power of Love, it is necessary to understand what it really is, from whence it comes and what results it will achieve in its application in your own life.

The object of this Lesson is to give you a lucid idea of the Source and Nature of Love, not simply from the personal viewpoint of it as a peculiar and disturbing emotion, but from the scientific perspective of it as a stupendous magnetc Force which bowls the planets on their courses as easily as it bowls the hearts of men and women. Not only is it a Universal Power, but it is at the same time a Law, containing within itself all harmonizing qualities. Not only does that Force, carrying into effect its own Law, operate in the field of human relations with which it is generally associated, but it works constantly, tirelessly, throughout the whole broad range of human activities. In business, in art, in teaching, in the bringing up of children, in every occupation where Human Beings come in contact with Nature and with each other, the Law of

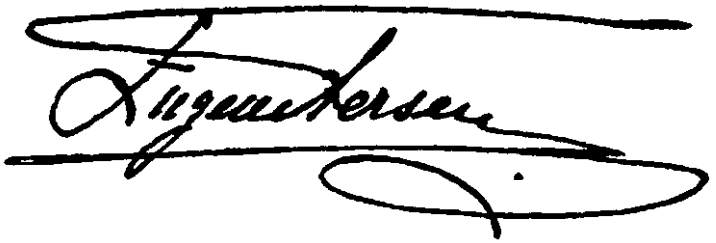


Attraction functions and can be used with the greatest practical results.

Mankind creates its own worst enemies through the perversion of Love to its opposite extremes of Hatred, Jealousy, Selfishness and the like. Only through Love Itself can these destructive forces be eliminated.

Love is Attraction. Knowledge of how to employ it enables one to attract all things for Success in Life, in Friendship and in Marriage. Therefore its development within you is one of the greatest achievements possible to you in this Life.

Cordially Yours,



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LESSON TWENTY-FIVE

Love has been designated in the beginning of this Course as the Fourth and Final Aspect of Universal Life Energy. Though last in logical order, it is nevertheless First in Importance among the Four Fundamentals from which all Existence is derived, because without it nothing could exist for a single moment. Deprived of Love, or the Power of Attraction, to hold its component particles together, the Universe itself would collapse, melting back into its original common Substance and vanishing in a whirl of electronic dust.

The Law of Attraction, or Love, is therefore the governing and sustaining Power which holds the entire Universe together in one coherent whole. Whatever is, exists because of the Law of Love, manifesting through it. It continues to exist as that thing because the Law of Love prevents it from lapsing from its place in the harmonious Universal Scheme and invading the sphere of something else. Love is the basis of Eternal Harmony—the Law and also the Fulfillment of the Law. That is why it must be continually manifested in order to operate; the two acts are identical.

All constructive growth and progress achieves its increase from the Law of Love operating through it. At the impulse of that Law it proceeds unerringly along the ways



which offer it the soundest development free from conflict with other Natural Laws. Disharmony is the result of going contrary to the Laws of Nature, a course which can only have its origin first in a violation of the law of Harmony itself. Love is Harmony, and because of its harmonizing qualities is able to smooth out discord, coordinate, adjust and strengthen wherever it is given the opportunty to emerge into expression.

Man, as a product of Nature, is a most complex, highly evolved and potentially powerful channel for the Law of Attraction to work through. On him converge, from one side, all the boundless Natural Forces and Laws, to be transmuted and built out into actual expression as the varied activities through which he projects his Individuality into evidence. If, in the Inner Self where the manner of that expression is conceived, the Law of Love is permitted to operate freely in connection with it, each act will shape itself rightly for the realization of whatever constructive aim prompts it, and each will constitute a perennial spring of harmony through which that Law wells into ever ampler evidence in his life.

Thus there is no department of human activities from which the Law of Attraction may be profitably withdrawn. Every daily act, however, trivial in itself, is like a twig on the spreading tree of your mortal life. As long



as it is nourished by the same sap that feeds the massive trunk and branches, it flourishes as a useful, dependable harmonious unit in the life of the tree, contributing its tiny quota of strength to the whole and growing constantly to more important proportions of utility and service. But let the sap be diverted from the twig, the Law of Attraction shut out from the act, and it will wither to ruin and decay, becoming simply so much of a dead burden to be carried by the rest.

For instance, if you are in business you naturally want that business to function smoothly, efficiently and successfully. Friction and trouble within the machine, or unnecessary difficulties in its path, are equally distasteful, for the very practical reason that they waste precious energy and retard progress. A new enterprise that goes to wreck for lack of cooperation between employer and employees, a plan of expansion that fails to secure the expected approval of customers, short sighted buying and selling, irritating transactions of every sort which tend to upset your poise and judgment and render you liable to successively greater mistakes in the future, form an increasing load of dead wood for you to carry or sink under. Yet the solution of all these difficulties lies constantly at hand in the proper application to them of the Law of Attraction, or Love.



Whenever you deal with employees, customers, or anyone with whom your business interests bring you into personal contact, take the trouble to make the contact first with Universal Life Energy. Relax and open yourself, Body and Mind, to the inflow of that Force. The result will be that Love, as an Aspect of that Universal Power, will pour into you and through you, restoring your lost Equilibrium, smoothing away the tension that dulls your faculties, clearing your vision and your judgment and establishing a sympathetic channel between you and the other individual over which you will effect the most mutually satisfactory exchange.

In this connection remember that "Love" is referred to, not in its limited sense of a personal sentiment, but in its great impersonal Aspect as a Supreme Universal Power. To feel a personal attachment for a business rival whom you may not even know is neither practical nor, as a general rule, possible But to achieve an open and kindly attitude, unbiased by prejudice, which enables you to weigh all things justly, to perceive the bad without losing sight of the good, to meet all conditions with a calm understanding that proceeds from an impersonal Love of a larger nature, is not only possible but essential for your best advantage. Supplement Common Sense by the constant use of Universal Life Energy, particularly through



its Fourth Aspect of Love, in your ordinary business transactions, and you will be astonished at the practical results it will achieve in promoting fairness and honesty from others, and Affluence and Success in every direction.

The real Power of Love cannot be misused. Like the Universal Life Energy of which it is one Aspect, it is superior to any effort to direct it into a negative channel for a wrong end. Constructive as it is when allied to a Positive Cause, just so destructve does it become when an attempt is made to pervert it. Therefore never think to take an unfair advantage of someone else with its help. It will destroy evil and discord without respect to persons, and will carry disaster to you with as little compunction as you sought its aid. You yourself are aware of what a blighting pasion Hatred is, yet Hatred is but the perversion of Love to its other extreme.

Often people with a narrow and twisted concept of Love only perceive it mirrored in reverse in this fashion. The most compelling Power in the Universe is corrupted in their understanding to a spineless sentimentality, which finds expression in a slavish catering to other people's desire, whims and impulses, whether good or bad. Such a diseased version of Love, substituting weakness for strength, shows the most abject ignorance of its real nature.

Love is a Supreme Universal Power; therefore to use



Love means above all to become powerful. Love is unalterably allied to Right, and the Individual also must conform to the Right in order to experience its positive influence. To manifest Love, you must first be alert to discern, beyond all immediate consequences, the truly constructive course to follow, and resolute to decide on it. Then stand firmly by your decision, not in words but in actions, and at the same time temper that firmness with Fairness and Gentleness.

Such a Love will not win easy acceptance in the beginning, perhaps; it will touch to a boil the negative in others, who see their interest in swaying you from your purpose by their hostile clamor; but it will command Respect. Strength cannot do otherwise; and as the Right asserts itself behind the friendly and unaggressive firmness in which you persevere, opposition will simmer away to be replaced by a genuine responsive Love. Give Love to the World, and the World will sooner or later always return it to you with increase.

While Business is one limb of the many-branched tree of your interests, another, most important of all and most completely dependent on Love for its proper nourishment, is your Family. Especially in the upbringing of children should Love be the single recourse for guiding and developing the unformed character, because Love is a



dominant trait in children and quick to respond to its call.

Yet even more firmly than with adults must that Love be exerciesd. Parents who are prone to indulge children in any and all circumstances, on the assumption that they thereby encourage the growth of spirit and independence, in reality simply indulge their own weakness at the child's expense. Children, who are very sensitive and observing, as well as far more direct and logical in their reasoning than adults, as a rule, are not slow to perceive weakness and take advantage of it. They delight in reversing the roles, and are such natural born adepts at doing so that few parents ever suspect the extent to which they are the dupes of their innocent offspring.

Moreover, do not imagine that you can successfully recommend one code of living to your children and practice another yourself. They pattern themselves after what you are, not what you say. Though they may not tell you so, for fear of punishment, they are all the time judging you with remorseless accuracy. Your acts are what set the seal of absolute conviction on your precepts, and it is only by being in your life an example of the Power of Love that you can bring forth the best in children.

One of the most regrettable features of modern existence is that everyone seems too busy to scatter among his



fellow men many kind thoughts, words, looks or deeds. This is a great mistake. Love, like anything else, requires continual exercise in order to give its best service. Unexpressed, it merely stagnates.

Never fear to show kindness and consideration to others, under the mistaken impression that you will lose something of your own dignity or expose yourself to the hurt of a rebuff. A rebuff cannot disturb a spirit of genuine Kindliness, and a dignity too unsure of itself to stir into the open is scarcely worth preserving. The pleasantness and beauty of human relations spring from the degree of Love manifested in those relations, and as Love is by nature free from the taint of any selfish or unwholesome motives, it can never infringe upon the rights of another. Far from becoming a burden, it emphasizes Individual Freedom and promotes the unhampered growth of individual interests, bringing Happiness to all.

The negative passions, on the other hand, such as Selfishness, Jealousy, Hatred, Anger, etc., are as universally destructive as their positive counterparts are beneficial. Like a virulent acid, they scorch and burn wherever they touch; but the havoc they may wreak on the one against whom they are directed is mild compared with the destruction they work on the one who entertains them. Failure, ruin, and unhappiness travel in their wake; for



Success, the actual realization of constructive endeavor, cannot possibly survive where the Negative prevails.

It is not easy for most human beings to rid themselves of their Negative Passions, nor do they often perceive the full extent of the danger that resides in indulging them. Yet if they would study their aberations, not in the false light of isolated occurrences, but as the ominous pulsations of a rising current of Evil which threatens to corrupt their whole character and abilities, they would suddenly appreciate the immense practical advantage of getting rid once and for all of such an enemy within.

Universal Life Energy is, of course, the certain corrective of these unbalanced states. Any access of Passion which breaks through your Self Control upsets your Equilibrium and drags you from the position of command over your faculties. To rely on Will Power or any mental forces to suppress them is unwise and usually futile, because their source is in Mind and their very existence proves that they have already stampeded precisely those mental forces with which you wish to combat them. Moreover, your chief aim is to eliminate the Evil itself rather than merely suppress a single manifestation of it, and this can only be accomplished by a Power greater than any which dwells in the afflicted Mind alone.

Whenever you feel Jealousy, Envy or Hatred flare sul-



lenly in your heart, or Selfishness invade with smothering vapors your better impulses, relax and make the contact with Universal Life Energy. Do not yield to the sudden impulse of Fear that prompts you to try to choke them back within you; the enemy must be openly met to be vanquished. Let them come out in the natural manner, but be sure that you yourself make the contact each time with Universal Life Energy, either mentally or, if you are too much upset mentally, through the Star Exercise, or simply by turning one or both palms upward. You will discover, to your amazement, that you are no longer helpless in the grip of the storm that rages within, that you feel soothed, quieted, unafraid, until presently you are aware that the Evil Passion has vanished as traceless as a shadow, leaving a calm of perfect confidence in its place. Such is the miracle wrought by the harmonizing Power of Love, the Fourth Aspect of the Universal Force.

So simple and automatic is the process that one often finds it hard to credit the remarkable results. The condition it has to combat looms so impressively that the instinctive reaction is to antcipate an equally difficult struggle to contend successfully with it. But these difficulties exist chiefly in the victim's imagination, which magnify the whole thing to alarming proportions. The greater and more powerful the Force used, the simpler its operation,



especially when the Force in question is a Natural one.

Every human being cherishes in his heart a longing for companionship, for the wholly disinterestetd exchange of affections with another. Yet few can ever affirm honestly to their Inmost Selves that this longing has been fully realized. Life is in this respect a great disappointment for the majority of people, who at the best are forced to admit secretly that they never attained real Happiness or a very generous measure of true Friendship. But life was not meant to be that way.

Every individual possesses as birthright the right to have friends and life companions. Through him as through all human beings the Law of Love is continually working out the Universal Brotherhood of Man, by its own Motherhood. It is only necessary to be an open channel for the Law to work through freely, in order to have friends who love you as you love them.

Guard against the mistake of envying others who are rich in Friendships. Such a course will never attract friends to you. Envy is one of the most common and potent of the negative influences to which Mankind are liable, and like all negative forces is distinctly repellent. It will drive back as nothing else could the very thing you want to attract.

Understand that in order to be loved you must have in



your own nature something worth loving. An ordinary piece of iron possesses nothing to distinguish it from any other piece of iron, until it is invested with a peculiar current of force. Then it becomes a magnet, drawing to it other metals. Similarly, you must radiate from yourself the Magnetic Power of Love which will draw a like response from those with whom you come in contact.

The importance of finding, not only the right sort of friends, but the Life Companion who should be the foremost friend, cannot be overestimated. Yet very often people devote all their attention to sifting out those whom they would like to establish in this relation, and complain with bitter melancholy when they find their proffered friendship ignored. Wholly blind to the supreme Selfishness of this course, they consider themselves abused and unappreciated, when in fact their trouble comes only from being truly appreciated at their real value. They look for the best, without giving any thought to what they themselves have to offer in exchange.

Start your career by wringing this foolish conceit out of your system. Forget the Success others may have had in obtaining ideal friends and life companions, and turn all your attention to developing Love within yourself. The more you exercise it, the more you manifest Love to everyone under all circumstances, the greater it grows.



That is the Treasure you must heap up in yourself to attract the desire of others. Gold never glitters unnoticed for long amid the passing throng; its worth strikes the most heedless eye and draws plenty of claimants.

Once having created the genuine value within yourself, your only difficulty will be, not how to attract those to whose friendship you aspire, but how to select the best among those who have been attracted. Use your own discrimination to single out as friend or life companion the one whom your own heart fixes on as a kindred spirit, the one whose Individuality blends most sympathetically with your own.

Age or physical appearance play a very minor role with respect to Love and its Power of Attraction. The gold is no less precious and desirable for the shape and texture of its container. That is why Beauty so frequently yields precedence to more homely virtues in the matrimonial field; the choice falls rather on a less ornate fleshly purse that is full of the coin of sound qualities than on the more handsome one that is empty.

Therefore if real Love glows in your heart and radiates throughout your whole being, do not doubt but what you will be loved in spite of the disadvantages of Age. People will no longer see the material shell when its chinks and crevices serve only to reveal the Treasure of inner quali-



ties. They will love you for what you actually are, not for the transitory abode in which you live.

Youth commands Love, and Love itself is the very essence of Youth. Eventually even the physical evidence of Old Age must surrender to the transcendent Power of Love. If you want to be young in physical appearance, entertain constantly in your heart, and manifest constantly in your actions, the Love from which Youth springs. There is no better method of Rejuvenation than this.

Remember, your Physical Body is simply the expression of your inner activities, a statue molded by your own Soul. In its lines are wrought all the changing play of those emotions and thoughts out of which your character erects itself. A positive and constructive way of thinking and feeling carves its touch of Health, Strength, Beauty and Youth on the image it inhabits. The negative passions that creep in, such as Hatred, Jealousy, Envy and Selfishness, chisel their ugly marks deep in the defenseless features.

Take advantage of this unceasing renewal of your Material Self and fashion it to a pattern of an Inner Self remodeled on lines of higher thinking and an improved standard of living. If you attend to the inner development you will have no cause to worry about its embodiment in outward form. Love, the Greatest Power, is a



Master Sculptor, who will scrupulously translate in terms of flesh and form as much of your Soul as you will expose on the model's seat.

Therefore love truly and constantly, and leave the rest to the Law of Love. You will find that the unique assortment of qualities which constitute your Individuality, the distinctive Beauty of Soul whch sets you apart from every other living Being, will soak through into material expression as sunlight soaks through clouds. The Individual YOU will glow forth arrestingly and strike you out from the mass of your fellows as original, interesting and lovable.

In conclusion, carry away with you from these pages a clear and vigorous concept of what Love actually is. Understand it, not as a lonely and mysterious urge which roams only the narrow confines of your particular little life, but as the Measureless Tide of Universal Power which Science knows it to be. Identify your tiny candle flame of Love with relation to the blazing Sun of Love from which it was caught, and by perceiving its titanic works throughout the whole boundless expanse of rocks and firmaments, seas, stars and unseen worlds beyond the sweep of telescopic vision, obtain some idea of the nature of its Power and why it is such a compelling Force in your individual life.



Love is Attraction. Attraction is both a Force and a Law. The Law of Attraction, whose existence was perceived first by Newton, was called by him the Law of Gravity. This Force, operating in accordance with Its own Law, governs the entire Universe, functioning with an exactitude that never varies, on the greatest scale as on the smallest. Because of this precise and invincible Law manifest in its workings, Love is the basis of Eternal Harmony.

Human ingenuity has never been able to penetrate, either through the large or the small end of the scale, to a region where the working of the Law of Attraction, or Love, is not apparent. Celestial bodies small or vast in bulk, from meteorites to planets huge beyond the ability even of the imagination to embrace, float like bubbles through Infinite Space. Without visible support or impulse, they spin and hurtle through vacancy, each pursuing a regular orbit of its own with an amazing anad mathematical precision. What prevents them from falling or erring from their course, so that they crash together in a common universal ruin? The Law of Attraction, within which resides all Order and Harmony.

The same Law asserts itself with the same marvelous precision within the microscopic walls of the smallest particle of Matter. The Atom, resolved into its compo-



nent parts, discovers itself as a tiny cosmos in which a swarm of Electrons repeat, on a scale below the farthest range of visibility, the identical evolutions which sketch themselves across the boundless sweep of the heavens in letters ages long. Everywhere the Force and the Law of Attraction operate to hold all things together, maintaining their proper relations, governing their activities.

Human beings, like everything else, are subject to that Law. It functions in the Electrons and Atoms of which their Physical Bodies are constructed, in the beat of their hearts, in the cycles of their thoughts. Every particle of their existence is threaded on it like beads on a string. To live in accordance with the Law of Attraction, or Love, to identify oneself with it in thought and wish and deed, is therefore to enlist the whole invincible Power of this Universal Force in one's behalf. To live against it is to oppose oneself to a juggernaut that will crush and destroy.

There can be no compromise with Love. It is an Impersonal Force, All-Pervading, All-Powerful, Supreme. No human Will can affect in the slightest the Power that holds the Universe in its grip. If you accommodate yourself to it, you will reap all the advantages that such a Strength can achieve. But if you violate it, you reap only destruction. A star which leaves its orbit, swerving aside from the course prescribed by the Law of Attraction,



loses its equilibrium and presently encounters annihilation. That Law works through the life of the individual just as surely as through the life of the star. You have no choice but to be either with It or against It.

Let the Law of Attraction work through you and you will not fail to secure the Health, Success and Happiness to which you aspire.



EXERCISES

Continue to practice the Star Exercise morning and evening, together with Relaxation, Silence and the constant Mental contact with Universal Life Energy. In addition to these enter into the new Exercises for this week, known as HARMONIZATION.

The purpose of HARMONIZATION is to adjust yourself with relation to the Universal Forces and Laws which seek expression through you. Sickness, Inefficiency, Poverty, Unhappiness, Discord, of any sort which impairs your rightful powers, exist in direct proportion to your own conscious or unconscious violation of Natural Laws. In proportion as you reestablish yourself in full accord with those Laws, the ill effect of your opposition to them will vanish and you will come to the peak of your vigor and efficiency in every direction. You will attain the perfect Poise which is the keystone of all Strength. To practice HARMONIZATION proceed as follows:

After you have relaxed, entered into Silence and made the Contact with Universal Life Energy, concentrate on the Love Aspect of that Force from which Peace and Harmony spring. Understand that Harmony is a fundamental condition of All Being, the norm of absolute Equilibrium toward which all things in Nature instinctively aspire. Realize that deep within you, as within



everything, the core of that Harmony exists as true and uncorrupted as in the gigantic symphony of all Powers which roll the Worlds on their courses. Endeavor to feel it, to connect it once again with the Harmony outside through the neglected human YOU which you have permitted to fall out of proper alignment. Let Inspiration, drawn from your Contact with the Love Aspect of Universal Life Energy, weld together the broken parts of that chain in which your Human Self has proved the faulty link.

This Exercise, more than any other, will build up within you that sense of Poise and instant command over all your faculties, Mental and Physical, which makes you master over every situation because it makes you master first over yourself. You will achieve the Peace which comes from consciousnes of Strength, a calm and confident equanimity manifesting itself in steadiness of Mind and Emotions, which no circumstance even of the utmost danger can disturb. This is indeed a divine quality, and at the same time of the greatest practical value.

Remember in the performance of this Exercise to avoid any use of Will Power. Aside from the fact that such an attempt can only cut you off from contact with the very Force that you are trying to contact, it is clearly futile for you to exert a very limited human mental power in an



endeavor to bend the Supreme Power to your ends. You cannot compel the Highest to resign Itself to your Will, but you can engage Its help by trustfully and lovingly delivering yourself into Its Arms.

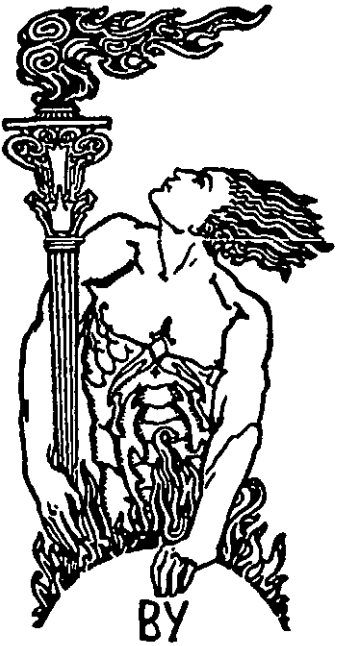
QUESTIONS

1. What place does Love occupy in the Universe?
2. To what extent does it enter into the activities of Human Beings?
3. Of what practical advantage is Love in Business?
4. How is Love distinguished from weak Sentimentality?
5. Can Love and Discipline be reconciled in the rearing of children?
6. In what way are you directly responsible for the good or bad traits your children develop?
7. How will you profit from the exercise of Love in all your relations with the World at large?
8. What relation do the Negative Passions bear to Love?
9. How can they be eliminated?
10. What responsibility must you fulfill in order to attract the friends and the Life Companion you desire?
11. What part does Love play in physical Rejuvenation?
12. What, briefly, is the scientific explanation of Love?

LESSON TWENTY-SIX

"KNOW THYSELF AND THOU SHALT KNOW ALL"

SCIENCE OF BEING



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EUGENE FERSEN

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SCIENCE  *of* BEING

ANSWERS to LESSON TWENTY-FIVE

1. The place Love occupies in the Universe is:
 That of the Governing and Sustaining Power which cements the entire Universe together in one harmonious whole.
2. The extent to which it enters into the activities of Human Beings is:
 Completely, as there is no human activity which can proceed without it.
3. The practical advantage of Love in Business is:
 That it constitutes the Power of Attraction on which all transactions depend, and by the Law of Harmony inherent in it determines the proper course for the greatest success.
4. Love is distinguished from weak Sentimentality:
 Primarily, by its nature as the strongest Power it is possible to manifest, and by the fact that this Strength is unalterably allied to the Positive and Constructive side.
5. Love and Discipline:
 Can and must be reconciled in the rearing of children, because real Love cannot tolerate a negative and destructive tendency.
6. You are directly responsible for the good or bad traits in your children:

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In that children pattern their character after your example, fully accepting your precepts only as you confirm them by your acts.

7. You will profit from the exercise of Love in all your relations with the World at large:
 By developing the Power of Love within you, thus making yourself constantly strong in every direction.
8. The relation of the Negative Passions to Love is:
 That Negative Passions, such as Hatred, Envy, Jealousy, etc., are the perversion of Love to its other extreme of destructive power.
9. They can be eliminated:
 By contacting Universal Life Energy, especially in Its Aspect of Love, and allowing that Harmonizing Current to flush Body, Mind and Emotions clean of the discord which manifests itself in Negative Passions.
10. The responsibility you must fulfill in order to attract the friends or Life Companion you desire is:
 That of developing within yourself something worth loving, a strength of Love that will merit the return of Love that you expect from them.
11. The part played by Love in Physical Rejuvenation is:



That Love is itself the essence of Youth and will be built out into harmonious and youthful physical expression in proportion as it exists within you.

12. The scientific explanation of Love is:
Love is the Power of Attraction, which is both a Universal Force and a Law of Harmony. It manifests itself throughout the entire Universe as a Magnetic Power, called by its discoverer, Newton, the Force and Law of Gravity. Its most commonly known expression through the Human Emotions is known as Love in its limited personal sense.

Dear Friend:

As the separate visions blend through the lenses of a glass, so the fields that have been covered in this Course are brought to a Focus in this twenty-sixth Lesson.

All the specific knowledge gathered in the previous Lessons tended toward a single Purpose—attainment of the full stature of Manhood and Womanhood. That knowledge is now to be correlated in order to give you a sweeping perspective of your Triune Being, showing you how to develop in unison Body, Mind and Soul for the achievement of this Purpose.

To see your way clearly it is necessary to know what your position is in the Universe. The Scientific Defini-

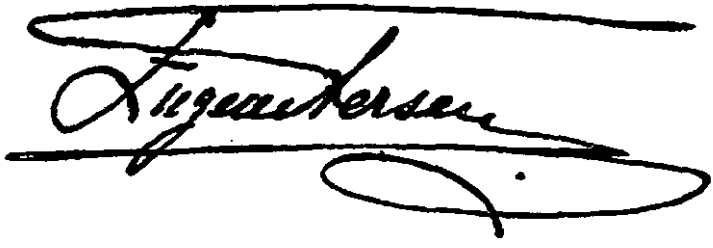


tion of Man will be to you as the daily observation is to the mariner, locating you in the vast Sea of Life, establishing your relation to the things about you and enabling you to chart your surest course to the haven you desire.

Understanding alone lends Worth to Knowledge. There is but one ground upon which a secure Understanding is based. Having attained it, certain salient facts stand boldly forth to point the right path for future progress. Foremost among these is the necessity for Soul Development as a fundamental of modern education. People today, appreciating Education as never before, dimly sense this, but do not yet clearly perceive it because they have not found that ground.

In this Lesson the ground you seek will be clearly defined in Five Statements of Being, which set forth concisely your relation to the Universe and to the Four Aspects of Universal Life Energy. With this knowledge, and with the effective use of Inspiration as an aid to your more rapid unfoldment, you will advance quickly and confidently toward the goal of your most ardent aspirations.

Cordially yours,



SCIENCE of BEING

LESSON TWENTY-SIX

The Science of Being has thus far dealt separately with the three basic parts of Man's Triune Being—Body, Mind and Soul. Yet in the individual himself there can exist no such separation. All three, while preserving intact their respective identities, are nevertheless merged in a union so complete that nothing short of death can entirely dissolve it. Each is fundamental to continued existence as a human entity, and each maintains its place in the human trinity through the support of the others.

Most important of the three, because it is the Source from which the rest proceed, is the Soul. The Soul alone is by nature perfect and immune to flaws. It represents the Ideal to be transmitted into expression through its own human instruments. But imperfections can and do abound in those instruments, with the result that only a distorted and unwieldly partial expression is usually achieved through them.

Both Mind and Body, including Emotions, must represent equally the Soul from which they are derived. To accomplish this, the imperfections which mar them and stunt their growth must be kneaded out. A Body that is over-developed signifies a corresponding shortage in manifestation of Mind or, through the Emotions, of Soul. Similarly, if Mind dominates, it can be only at the expense of



the other two. The same is true of Soul when it foams too lightly through a highly emotional nature. Any instance of one member of the human trinity outbalancing the others points to an absence of Poise which can be corrected simply by developing the weaker up to the level of the stronger. Without that correlative development to establish perfect balance between the three constituent parts of YOU, the Equilibrium from which Power and Harmony spring is absolutely unattainable.

The way to get the Best and Most out of your life is primarily to live in a clean, healthy and normal fashion. Give to both Mind and Body a wholesome environment in which to flourish and they will flourish accordingly. Plenty of exercise, as much out of doors as possible, simple and well prepared food, pleasant to the taste yet in quantity sufficient only to meet the needs of your Body, all the sunshine you can get, abundant fresh air, especially at night when you are sleeping, as little and as loose clothing as is consistent with comfort and the laws of the community and an intelligent interest in your own general well being are the commonest worth-while aids for sustaining the life current within you. Clean contacts outside will start a natural appetite for clean and stimulating mental foods also, and will help to rid you of whatever rubble may have collected in your Mind.



Never be afraid of physical effort. Your Body is a tool which requires use to keep it bright and in good working order. As long as you have it, give it the exercise it needs to keep it at its highest capacity to serve you. Make it the foil against which to whet your Will Power, also, whenever you feel a disclination to exert yourself stand in your way. And above all, contact and use Universal Life Energy constantly, making every instance of fatigue or reluctance to undertake physical work an occasion to call upon that Power.

Your desire, and the desire of everyone, should be to have a fine Physical Body, strong, healthy and beautiful in appearance as well as dependable and prompt in action. Work for it according to the instructions of this Course. Young or old, man or woman, it is within the reach of all who are willing to take the trouble of earning it. Then only, when you have made the best of physical attributes your own, will you fully understand the great practical advantage and joy of possessing real Health, Strength and Beauty. You will learn to appreciate your Body.

Your Mind responds richly to one excellent course of treatment—Action. Cultivate it intelligently; be both quick and deep in your thoughts, broad and at the same time one-pointed. Have the courage to recognize and weed out the negative trends in your thinking. Banish



Fear and Worry and especially refrain from using your thought destructively against others. Remember that every thought comes back to you soon or late, vastly increased, and that for every wind of evil you sow, you will inevitably reap the whirlwind.

Universal Life Energy, with Its invigorating Power, is of inestimable value in developing to the utmost all your mental qualties. The more you use It, the more efficient and the more indispensable you become in the position you occupy in life. If you are at the bottom, It will lift you gradually to higher and higher levels as the inner growth and expansion qualifies you to function there. Power and Affluence will flow to you from without in answer to the increased Power within. If on the other hand you are at the top, the Universal Force will enable you to widen the scope of your activities, promoting stronger leadership, more efficiency, greater productivity and ampler benefit to others in proportion as you benefit yourself.

Finally, the proper development of your Soul qualities through the emotional side of your nature will be to you a crowning achievement, because it will open Life in its richest aspect for your use and enjoyment. Powers of Mind and Body are the nether links of the chain, but the weight they will lift, the tasks they will do, is deter-



mined by the strength of that ultimate third link, the noblest part of your Triune Being through which you find your connection with the Universal Source.

Release from the poverty of earthly existence lies in the development of this higher part of your Human Self. Lacking it, the wealthiest are poor, because they lack that which enables them to draw full satisfaction from their possessions; possessing it, the poorest are rich beyond measure, because the least yields them the most. It endows you with Success and Happiness, both of a material and individual sort, making you one of that rare company so necessary to the Progress of the Human Race, a Leader of Men.

Enhance your physical and mental forces by the cultivation of this most precious gift of yours. Then, with your Triune Being properly developed, you will find the dark vision of sorrows and struggles, suffering and failure which thickens over the mortal future of most people clear to a bright vista of sparkling action, shining with interest, tempting to live and conquer, marking the path of your progress with victories waiting to be won, and lifting the final goal of Success and Happiness in warm promise at the far end of your career.

The last chapter of your life on Earth is but the introduction to your life to come. Your development here



determines the level at which you will enter upon the path of your further Evolution on the next Plane of your Existence. Therefore to be able to look back upon a busy history of constructive activity, of much attempted and much done, of Success and of Happiness, is an assurance with which you can step serenely and confidently through the doors that lead to another World, knowing that you but enter a field of broader scope where greater achievements invite to still greater unfoldment and still larger Happiness. All this you can attain, not by praying but by working, developing your Triune Nature by application of the principles explained in SCIENCE OF BEING and growing thus to the full stature of Manhood and Womanhood.

Seek Inspiration always, within yourself as well as outside of yourself. The World is teeming with marvelous things, great and small, which have a definite purpose with relation to you. They are there to awaken the corresponding wonders which slumber within you, touching to life a thousand unsuspected fibers of your Being which, once aroused, grow out to tap as many and more glorious new fields.

Prize Beauty as the Source of Inspiration. Love all things beautiful, whether they are of a physical, mental or spirtual nature. As long as Humanity's existence is



cast in the Three Planes, there must be beauty also on those Planes to strike the corresponding note in your Triune Human Nature. Look for that Beauty and you will find some everywhere and in everything.

Remember that Beauty is but another word for Harmony. It represents the very end you are striving to realize in the development of your Triune Being. The more you bring Body, Mind and Soul into harmonious accord, the more successful you are in living your human life. The more you eliminate discord from any one of these three, the nearer you come to that state of perfect Equilibrium to which you aspire. Everything, in the final analysis, reduces to a single factor within it which sets the maesure of its worth—the Beauty, or Harmony, it contains.

Teach your children, your boys and girls, the value of Beauty and lead them to love it in every form and aspect. So many people, especially the intellectual, believe that Intelligence alone counts. They do not see that the thing they admire in Intelligence is first of all Harmony. Modern educators are beginning to perceive this truth and to lay more and more stress on the development of the Soul's qualities. Only when it is understood that this phase of Education should stand by right ahead of all the rest, setting the pace to which the development of



Mind and Body must be correlated, will Humanity enter fully upon that Era of tremendous Progress which the Future holds for it.

Bear in mind also that children are such merely in terms of mortal years. As Souls, they are your equals, both in point of time and of intrinsic qualities. Their task is to unfold those Soul Qualities through their human incarnation. Help them to do so. Be their friends, revealing to them what Harmony is, their guides, to show them the way, their pals and confidants to accompany them on it. Encourage the Expression of Soul Qualities, for in proportion as Mankind learns to realize through their mortal selves the unbounded Harmony within will the Race grow toward that goal of Power it is placed here to achieve.

Man condenses within himself the Essence of all from which he sprang. He is the visible manifestation, the actual living proof of that Infinity of Power out of which he is derived and which is called Universal Life Energy. However much disharmony may mar the workings of his complex and curiously perverse Human Self, he holds deep within him the whole vast Perfection of that Harmony which constitutes his origin.

Therefore it is not necessary to struggle blindly toward the realization of that Harmony. Study your own



Self. The more you will learn of it, the more you will know of the Eternal Source of which you are the emanation. Discover your own true nature and you will discover the truth of the statement, "Know thyself and thou shalt know All."

In the present stage of Evolution, called the Fifth Period or Cycle of Humanity's Evolution, the natural division into which things fall is Five. That is the dominant number. This planet is divided into Five Continents. There are Five Oceans. Five Elements form the Substance of Creation—Earth, Water, Fire, Air and Ether. Five Races people the Earth — White, Yellow, Red, Brown, Black. Human Beings have Five Senses through which they live, Five Brain Lobes, Five Extremities, Five Fingers and Toes. In the vegetable kingdom Five is most commonly manifested in the structure of plants. Everywhere Five asserts itself; so does it also in your own Self, which it is the purpose of this Course to teach you to know.

SCIENCE OF BEING therefore crystallizes out into Five Statements of Being which summarize it completely. Each Statement is, so to say, one finger pointing to a central Fact that is the Focus of all. A single Lesson, the Lesson of Unity, is taught Five Times from Five different directions, in a sequence as logical as the points of the compass. They are as follows:



"The sum of all lives, the One Universal and Eternal Life, is that Great Creative Power of the Universe called Universal Life Energy."

There is but One Life, of which you and all living things are a part. All individual manifestations of life, without distinction as to whether they be people, animals, minerals, or gases—everything which moves and vibrates —represents that Single Infinite and Eternal Life which is the First Aspect of Universal Life Energy. You are at one with that Life, an integral part of It, not simply for the brief term of your human incarnation, but for Eternity. It is in you as you are in It; you can never be separated from It, because It is YOU. The clearer your understanding is of this Eternal Fact, the stronger your realization of its truth, the greater will be its practical value in helping you to live your own life.

"The Sum of all Intelligences, the One Universal Intelligence, is that great Organizing Power of the Universe called Universal Life Energy."

The dimmest spark of intelligence which may glimmer in the dullest particle of Life, as well as the most luminous and comprehensive intellectual fire, every thought both small and great, of the Future as well as of the Past and Present, everything that will ever enter the Consciousness of Man, all Knowledge throughout Eternity, exists as part



of one common Universal Ocean of Intelligence, the Second Aspect of Universal Life Energy. Just as your life is a Ray of the Eternal Life, so your Mind is a Ray projected from the Infinite Mind, eternally connected with It and tapping Its limitless resources of knowledge.

The reason Mankind do not take advantage of their connection with the Source of All Knowledge is because they have permitted Fear to stand in their way. As long as you believe yourself to be a separate intelligence, that delusion will set the limits of your knowledge. Though you are part of Infinite Mind, possessing all Its qualities of Infinite Knowledge and Infinite Intelligence, you will be able to tap those vast reservoirs only when you free yourself from the grip of Fear and become open and receptive.

Perceive your Unity with Universal Intelligence. Understand as an Eternal Truth the fact that your intelligence abides in It and expresses It. The two are one; they cannot be separated. Let the confidence derived from this understanding help you to dispel the Fear which has hitherto limited your Consciousness, and you will find your way open into the Treasures of Knowledge in the Universal Mind.

"The Sum of all truths, the one Great Truth, or Law,



is that great Governing Power of the Universe called Universal Life Energy."

Truth Expressed is Law. All Truth is contained in the Great Law, the Third Aspect of Universal Life Energy, which, being eternally true to Itself, reflects that Truth through all Its myriad manifestations. Just as a single ray of sunlight, striking a fragment of glass, is splintered into countless vari-colored lesser rays, so the One Truth is refracted by the facets of every occasion, forming the infinity of laws and truths apparent throughout all the Universe. Thus the Physical Laws governing your Body, the Mental Laws governing your Mind and the Spiritual Laws working through your Soul are but fractions of the one Great Law which includes them all.

Whenever you are in accordance with the lesser laws inside, whether on the Physical, Mental or Emotional Plane, you are thus in accordance also with the Great Law outside which they represent. That is what is meant when it is said, "Be true to your own Self," because your Real Self is identified with the Great Law from which it springs. The more true, honest and sincere you are, the greater will be the power you find yourself able to manifest in every direction, since you enlist in your behalf the whole Universal Power embraced in the Great Law to which you ally yourself.



Conversely, the more you violate the branches of that Great Law in your own nature, the more you shut yourself out from the one Source of All Power. Hypocrisy, Untruthfulness, Dishonesty of all sorts, are poisons which rob you of Strength far more valuable than any immediate advantage you may gain from them. To practice such Untruths is to make yourself the first and most pitiful victim of your ignorance of the great Worth and Power of Truth.

Realize the fact of your oneness with the Great Law, or Eternal Truth. It governs you, whether you will or no, penalizing violations as inevitably as It rewards observance, because It is the very stuff of which you are made. Live in truth, be Law Abiding, and you will gather to yourself the Strength of that Invincible Power. This, transmitted into expression in your daily activities, will command Success in everything you undertake and do, repaying you a thousand-fold for your effort.

"The Sum of all loves, the One Infinite Love, is that Great Sustaining Power of the Universe called Universal Life Energy."

Few people recognize in the tender emotion of Love, which dyes with its own stimulating and harmonizing hues all that it touches, a vast Universal Power, the Fourth Aspect of Universal Life Energy, holding in Itself all other



Powers. Such unimaginable Strength is hard to reconcile with such exquisite delicacy in human understanding; yet the mysteriously compelling influence that weaves its subtle charm in human hearts is but one Ray of the Force which knits the Worlds together and hurls the planets in their courses.

Love is Attraction, and only through the magnetic pull of Attraction do all things, including the Universe itself, continue to exist. Withdraw the Force of Attraction from your Body, even for a moment, and the cells which comprise that Body will immediately fall apart, disintegrate, cease to exist as one coherent unit. In other words, your very Being is dependent wholly upon the Power of Attraction, or Love, to sustain it.

Unconsciously, you manifest this Love in every particle of your Being. It is apparent in the automatic functioning of your organs, in the clinging of cell to cell and atom to atom, and within the atomic walls in the ordered evolutions of those minutest elemental units called Electrons. Everything in your Body is kept in a condition of Harmony by the Power of Attraction, or Love. It is only when you come to the Conscious part of your Human Self that you find this Harmony lapsing into disorder.

Your human intelligence is that within you which must learn the lesson of love. You are saturated with Love,



made up and sustained by It; Love is the Foundation on which you are based. But you must realize this, perceive it to be so, and by thought and action build up a superstructure of Love and Harmony on that very Foundation of Love which Nature gave you at birth.

You build the temple under whose dome you live your life on this Earth, as well as forecast the plan of that which you will inhabit on another Plane of your Existence. Make it a noble structure of Love and Power, of Harmony and Happiness. Every kind and constructive action is a stone added to its height, every friendly thought, word or deed is a breadth molded into its proportions. And because it is natural to do this, in accordance with the Great Law, it is not difficult.

Summon to your aid the constructive Force of Universal Life Energy; then the more you practice it the more easy and pleasant it will become. What you desire to realize in your conscious life is an integral part of that Universal Power, so by the very act of inviting It to help you and work with you, you identify yourself with that to which you aspire.

The more you live consciously, releasing into expression that fundamental love nature of which you are usually not aware, the more harmonious, the stronger, happier and more successful you will be. All loves, great and



small, of planets and electrons no less than of human beings, and of every sort, whether of the needle for the magnetic pole or of one friend for another, are but trickles from the Limitless Ocean of Love of which all are an integral and eternal part. In proportion as you make yourself One with that Infinite Love, the Supreme Power of Attraction, It flushes into evidence through you as your own increased personal Power of Attraction. All future expansion, the greater Success and Happiness of Humanity as a whole as well as that of each individual in particular, is determined by the greater degree to which they are able to express Love in their lives.

"The sum of all Beings, the Infinite, Eternal and Supreme Being, is that One Great All, embracing the Universe, including every visible and invisible expression of Universal Life Energy."

Though you may believe that you are separate from the rest of Creation, that is not so. Your Body is but a cell in the Great Universal Body, the Visible Universe. Your Mind is but a ray of the Infinite Universal Mind. Your Soul is but an individualized projection from the Great Soul of the Universe Itself. In every way, through every finest filament of your Triune Being, you are intimately connected with and woven more closely into the vast scheme of the Universe, of Nature.



Body, Mind and Soul unite to teach you a single dominant fact—that Man is simply the conscious, individualized, compound, harmonious and eternal projection of Universal Life Energy into Its own Eternal Substance Proceeding from this One Universal Source, indissolubly connected with It, manifesting all Its Qualities and Powers, Man is indeed the "image and likeness" of that Power, co-existent and co-eternal with It.

The more you consciously realize this to be an actual fact, perceiving behind all the bewildering complexities of your human expression the Unity from which it is all derived, the more you will grow and develop in every direction. Then eventually, when you have fully welded yourself through your own Triune Nature to the Universal, you will attain the common goal of all human Aspirations—Power, Freedom and Happiness.



EXERCISES

Continue as usual the Star Exercise morning and evening. Practice Relaxation, Silence and constant Contact with Universal Life Energy. Then proceed with the new Exercise for this week, which is known as LIBERATION.

The aim of this latest Exercise is to establish perfect Poise in the individual by establishing his Unity with the Universal Power through the three parts of his Triune Nature. This is accomplished by freeing the individual from whatever limitations may hamper his growth and unfoldment on any of the Three Planes. To practice LIBERATION, go on as follows:

After Relaxation, Silence and Contact with Universal Life Energy, concentrate your thought on your Oneness with the Universe which is the Great Expression of that Power. Drink in through every fibre the sense of its illimitable Vastness, its Strength and above all its Freedom. Extend yourself through the close horizon of limitations which crowds about your narrow conscious sphere and pierce for a time into the horizonless All beyond. Perceive the boundless sweep of the Great Law surging also through you, be absorbed into It and realize that, as a drop of water shares the power of the ocean into which it falls, so you partake of the free Immensity of the Universe in which you exist.



The more strongly you are aware of that sense of Universal Freedom, the more successful you will be in shaking off the limitations which divide you from It. All burdens, physical, mental and emotional, will gradually drop away. An extraordinary feeling of security, ease and power will spring up buoyantly in their place. You will look upon life with a new vision, a richer understanding, an equanimity serene and confident, beyond the power of any circumstance to balk or disturb. You will be FREE within yourself.

Once you have obtained this inner LIBERATION, the outside expression of it is bound to follow. Nothing and nobody can bind one who is really free within, because nothing can withstand the force of Natural Laws which demand corresponding recognition. Freedom is Man's birthright; nations and individuals war to the end for it; you can attain it alone, because you KNOW HOW.



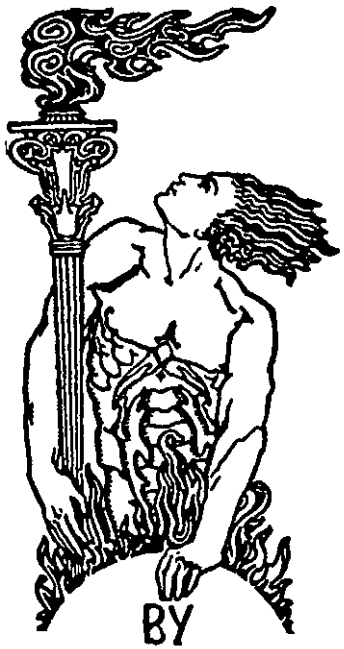
QUESTIONS

1. What relation does your Triune Human Nature bear to your own Soul?
2. How is Equilibrium to be achieved?
3. Define Beauty?
4. What role does Beauty play in the development of your Triune Nature?
5. Where do you look to obtain knowledge of your Universal Source?
6. Why are there exactly Five Statements of Being?
7. What is the Source of your life and the life of everything?
8. From what are all individual intelligences derived?
9. Define Law and its origin.
10. What is Love?
11. What is your relation to the Universe?
12. What single all-important Lesson is reiterated by each member of your human trinity, Body, Mind and Soul?

LESSON TWENTY-SEVEN

"KNOW THYSELF AND THOU SHALT KNOW ALL"

SCIENCE OF BEING



BY

EUGENE FERSEN

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ANSWERS TO LESSON TWENTY-SIX

1. The relation your Triune Nature bears to your own Soul is:
 It is derived from your Soul for the purpose of affording physical, mental and emotional channels for the expression of your Soul Qualities.
2. Equilibrium is to be achieved:
 Only by the correlative development of these three parts of your Triune Human Nature.
3. Beauty is:
 Harmony.
4. The role played by Beauty in the development of your Triune Nature is:
 That you shape it to the proportions of Beauty in the measure that you bring its three aspects into harmonious accord. Beauty outside the individual acts as a stimulus to help that work of inner development along.
5. The place to look to obtain knowledge of your Universal Source is:
 Within your own Self, deep within which is the whole vast Perfection of the Harmony from which you sprang.
6. There are exactly Five Statements of Being:
 Because, as we are living in the Fifth Cycle of Hu-

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manity's Evolution, Five is the division into which all things naturally fall for the most clear and comprehensive expression.

7. The Source of your life and the life of everything is:
 The First Aspect through which Universal Life Energy expresses Itself, LIFE.
8. All intelligences are derived from:
 The Second Aspect through which Universal Life Energy expresses Itself, MIND.
9. Law is:
 Truth expressed. It has its origin in the Third Aspect through which Universal Life Energy expresses Itself, TRUTH.
10. Love is:
 The Power of Attraction, the Fourth and Greatest Aspect, embracing all the rest, through which Universal Life Energy expresses Itself.
11. Your relation to the Universe is:
 That you are One with It, the conscious, individualized compound, harmonious and eternal projection of Universal Life Energy into Its own Eternal Substance.
12. The single all-important Lesson reiterated by each member of your Human Trinity, Body, Mind and Soul, is:
 The Lesson of Unity.



Dear Friend:

This Lesson brings the "SCIENCE OF BEING" to an End, even as it brings you, its student, to a Beginning. You stand now at the threshold of a new life, a broader, richer, finer field of activity, which your greater development on the Three Planes of your Human Existence has opened out to you. It is but fitting that at this point on our journey together we should pause to survey the Future into which you are about to advance.

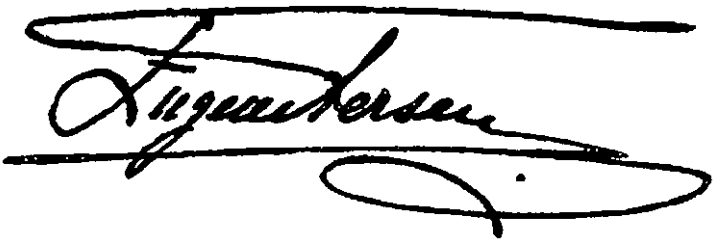
Therefore in this final Lesson the prospect will be brought into proper focus by a few general instructions. It is for you to handle details as you come to them, steering your course between the rocks and shoals that may lie in your way; but there are certain main currents the knowledge of which will give you a clearer perception of how best to meet your individual problems in relation to them.

One of these currents marks its direction most significantly in the recent rise of Womanhood. This movement illustrates compactly the great change which Humanity is experiencing at this stage of its Evolution. The present Human Race, occupying the Fifth Cycle of Evolution, is approaching the end of its course. A New Race, the Sixth Race, is about to emerge in its place.



This imminent change is perceived and heralded by many. Let us, through these closing pages, look to that coming Dawn when Man will awaken to the Realities of Eternal Existence and will see himself no longer as the Slave, but as the Master. It is with that glorious Promise that this Course salutes you in farewell.

Cordially yours,



SCIENCE  of BEING

LESSON TWENTY-SEVEN

This final Lesson represents the lofty pinnacle of Self Development which you have achieved in the past six months of patient study and practice. Behind you unrolls the steep path up which you have climbed to a broad and sure knowledge of your own Triune Nature. Before you spreads the ample field of the Future in which you are to apply that knowledge. Let us hope that the work thus far has been a happy and successful one whose difficulties have but led to greater victories and whose rewards of added Strength, Health and Wisdom now fulfill their first function of helping you to survey this field.

Great changes are taking place today, both in Humanity and on this planet itself. Everywhere new movements are springing up, new avenues of thought opening out, new ideals beckoning to fruition. The wreckage of outworn concepts begins to strew our mental shores as the currents break from ancient channels and seek another direction. People fight for Freedom, not always wisely but at least energetically, and at this period their fighting is being crowned with a measure of Success.

Typical of the general trend is the Great Wave of Womanhood which has swept its members from their age-old bondage to a position of equality with men. There



is a far deeper significance to this than the mere conflict between the sexes. The nature of women is love. Collectively they stand for Love, highest of human qualities because it is the Fourth and Greatest Aspect of Universal Life Energy. Yet throughout the centuries of Humanity's Evolution, women have been repressed and held in subjection by men, enslaved, bought and sold, at worst no better than cattle and at best scarcely more than servants of a higher degree.

Men, on the contrary, are keyed to the Second and lesser Aspect of Universal Life Energy, Mind. Their interest is in the active and aggressive phases of mortal existence. Just as women are by nature prone to manifest the gentle and receptive qualities chiefly characteristic of Love, so men derive their greatest satisfaction from the exercise of Power, Authority and Strength. Proud of their physical vigor and intelligence, it was inevitable that men should refuse to admit or tolerate that another Power, Love, could share the supremacy of Mind.

Today women are challenging this attitude. Though Civilization has carried its Torch to the darkest corners of the Earth, the old superstition of female inferiority still clings securely in the minds of at least half of Mankind. The rest, with a few exceptions, fight bitterly to prevent women from acquiring equal rights. Yet to the enlight-



ened one who can perceive the fundamental merits of both sides, the eventual outcome is at once apparent.

Love, the Fourth Aspect of Universal Life Energy, is superior to Mind, the Second Aspect. These two numbers not only define the relation between men and women and their corresponding values in the Universal economy, but represent also their respective natures. "Two" signifies Duality, Strife, Restlessness, dominant traits of the male nature, while "Four" symbolizes Unity, Harmony, Peace, fundamental traits of the female nature. But "Four" embraces "Two" and is greater, whereas "Two" can never expand itself to the larger dimensions of "Four."

The reason "Two" has been able to assume dominion over "Four" in the relation between the sexes is because women have not made use of their full complement of powers to stop the aggression. Unaware of the fact that Love becomes strong in expression only through the equal development of other factors within it, notably Mind, they contented themselves with the passive and receptive side only and left to men the livelier field of active accomplishment. Men, on the contrary, finding the mental phase of their nature sufficient to maintain their supremacy under these circumstances, emphasized its development without troubling to cultivate the refining influences of their latent Love Qualities.



Now women are beginning to perceive their mistake and correct it by invading the field so long tamely abandoned to men. They are developing physical strength and energy, mental efficiency and power, qualities formerly claimed by men as attributes of the male alone. In schools and colleges, libraries and private homes, this training is rapidly going on, and in the business, political and artistic worlds its effects are becoming forcefully apparent. There is scarcely a department of male occupations that women have not successfully entered in modern times, and not one, from the subtleties of politics to the hard physical labor of farms and factories, where they have not demonstrated their ability to compete on even terms with men. Even in athletics their rising star rivals in brightness the masculine luminaries, while in matrimony the modern girl exercises her own selection instead of abiding the choice of parents or suitors.

The challenge has been carried directly to Man. He must meet Woman on her own ground or perish from his seat of power. Just as Woman has invaded his domain of Mind, so must he seek a compensating gain in her domain of Love. That is, he must develop out of his own nature the neglected Love qualities which he has hitherto considered the exclusive province of woman, in order to keep pace with the growth of women through their develop-



ment of mental qualities formerly resigned to him alone. Otherwise he will soon witness a transfer of balance as deplorable as that which existed when the bulk of weight and authority were concentrated on his side of the scales. Women will outdo him in the very field where he has been accustomed to lead, and because he has acquired nothing to counterbalance the gain he will see himself reduced to a position of inferiority similar to that once occupied by women.

Such a shifting of the balance from the scale of Mind to the scale of Love would be a change devoid of profit. The same inharmony as before would still prevail, only turned end for end. The single condition productive of mutual Harmony and Happiness is one of Equilibrium, in which the two great divisions of Humanity enjoy an equal balance in development and power.

But to promote this condition Man must do his part. He must see the situation as it actually is and appreciate the problems which the growing Wave of Feminism brings up before him for solution. Once he clears his vision of the ancient prejudice which yet clings to obscure it, he will be in a position to gauge accurately the conditions and perceive intelligently the measures necessary to adapt himself to the new state of affairs introduced by the advent of this great World Factor, Love.



These measures are not outside ones. They are within the individual, where the shortcomings are. Men must realize the lack of development in their Love natures and supply that lack by cultivating such qualities as Honesty, Charitableness, Sympathy, Patience and Gentleness in their general human relation, even among their own kind. They must seek Beauty in Nature, Music, the Arts, to feed their higher interests, and not let their attention be wholly absorbed in the grosser pursuits of life, such as gathering money and power into their hands. And above all they must rid themselves of the false concept which prompts them to see harshness as strength and refinement as effeminacy.

Refinement is Strength enhanced and tempered by culture. It is one of the highest attributes of real Manhood. Effeminacy is simply weakness and shallowness, proceeding from absence of Strength, and is no less disgraceful and out of place in women than in men. A man who fulfills the demands of Manliness in the true sense of the word can never be afraid of appearing effeminate. Strong in Body, broad in Mind, high in Aspirations and energetic in Action, he will nevertheless be gentle and refined without dreading a possible misinterpretation of his attitude, because he is conscious within himself that he can never be less than a man. But the pretenders who try to dissemble



their fear of appearing effeminate behind a harsh and uncomprising manner are merely hiding the shallowness and poverty of their natures under a mask of Arrogance, Roughness and Conceit.

Great men throughout History demonstrate the truth of this distinction. Wherever a reasonably impartial picture of their characters has been handed down, it reconstructs before our mind's eye the image of great souls, strong yet gentle, complete spheres manifesting equally both male and female qualities. Their might to vanquish enemies was no less amazing than their might to win the hearts of friends; but the secret of their influence over the rest of Humanity lay in the inner Equilibrium they possessed within themselves, where Mind and Love worked hand in hand for the common good.

Today the course of Evolution is lifting all Mankind a little nearer to the Greatness manifested by famed leaders past and present. The Power of Love, surging with a quickened beat through the whole Race, is beginning to eat away the discrepancies in their individual natures by which their lack of balance was measured. A fresh access of Life and Strength, like the first rays of the morning sun, writes on the dark horizon of their Consciousness its glowing promise of a New Day about to dawn, a Day of Power, of Knowledge, of Justice, Peace and Happiness.



When that Day will have risen the present Race will no longer reign supreme. It will have yielded place to the Sixth Race, the Race of Masters, who are the real lords of Creation and who will then rule also this planet.

At present Humanity is suffering the birth pangs of this new Era. Unrest of every kind pervades the Earth, domestic strife and troubles, wars and revolutions, famine, pestilence, earthquakes, storms and tidal waves. Nature itself seems to be severely infected with the discontent that agitates men and nations. Yet never in the history of Mankind has there been such a period of meteoric Progress in every constructive direction.

On the one hand, therefore, is a marvelous development and increase of the Good, while on the other hand Evil seems to multiply at an equally astonishing rate. Crime and destruction were never so rife as now. The entire movement of Humankind has been accelerated in both directions; events spin by with an extraordinary rapidity. The average individual lives more in a day in modern times than his not very remote ancestors lived in a decade. But if the Evil keeps pace with the Good in its growth, where does the advantage lie?

Evil does not keep pace with the Good. On the contrary, there is less real Evil today than ever before, because people are eliminating from their systems the Evil



which in other times has been pent up within to breed and fester. Stirring up this latent deposit, bringing it to the surface and dumping it, has naturally brought more of it into evidence but leaves less of it in fact.

Do not be deceived and discouraged by the murky hue this process lends to the outlook for the time being. Humanity of today is incomparably better than the Humanity of days gone by and is becoming finer and nobler with each passing moment. Contrast the general conditions of life and Standards of living with those of the past generation, and you will realize how great has been the inner improvement, individually and collectively, of which those conditions are the outer expresson. Higher Standards in every direction, ampler Powers, greater Knowledge and finer Morals are the invaluable assets of Modern Humanity. If these results are won in the face of darkness, what will the Future hold when the clouds have been dispelled and the night yields place to a clear New Day.

That this Day must arrive is inevitable. Progress is the Law of Eternal Evolution. All things, from the smallest to the greatest, are subject to that Law. Individuals and Nations, Electrons and Worlds, respond equally to its dominating influence. In this knowledge, so vividly proven in a comparison of Yesterday with Today, rests



your assurance that Mankind cannot fail to achieve the Goal looming in prospect.

Throw off the despair that may assail you when conditions appear too hard to bear or the time too wearisomely long to wait. In the darkest hours of your life, when the stress of circumstance is at its crisis, you have a Light to guide you and a Strength to help you support the burden. Universal Life Energy, that wonderful Power vouchsafed to Mankind, is always ready at hand to answer your call, an Ever Present Help in time of trouble, an Ally never loath to come at your summons and lend Its invincible Strength to fight and win all your life's battles.

Do not forget It. Use It always. You need It. Especially NOW will you require It more and more every day in order to achieve Success in the midst of failures, to retain Confidence amid Discouragement, Strength amid Weakness, Happiness and Poise amid Sorrow and Disturbance. It is the Aspect under which the Great Law of the Universe offers Itself to you, the Fount of Everlasting Waters, of Life, crying out to Humanity "Come unto me, all ye who are thirsty, and I will give you to drink."

The Great Law is never absent and never idle on this Earth or elsewhere. It is continually seeking new channels for Its expression, new mouths to carry Its Message to suffering Humankind. It speaks through the lips of



Leaders of men, through scientific discoveries, through better laws, artistic achievements, the living word and the printed page. This Course is a printed medium through which It is conveying Its Message to the World, the Message of Life, Light, Liberty and Love. Wherever It finds an open mind and a receptive heart, there Its mission is fulfilled.

Humanity has for countless ages lost sight of its place in the Universal Scheme. It has believed in its own separation from the Universal Power. Yet Unity is the Law of the Absolute. The Universal is all there is, and you are ONE WITH IT.

This Lesson Humanity has to learn quickly. The time is not far off when a conscious knowledge of It will be essential to individual progress. It is not easy to recover an idea so long completely buried in forgetfulness, and the beginning is to bring about the reunion first through that part of our Being which now seems the most real and substantial to us, the Physical Body. By becoming consciously One with Universal Life Energy on the Physical Plane, Humanity will pave the way for the next Great Step, the Mental Union, and finally for the last crowning Stage in the Progression, the realization as an Eternal Fact of the Spiritual or Soul Oneness with that Power.

You who have taken this Course, who are able to apply



now in your daily life the Knowledge imparted through these Lessons, who are able to become consciously One with All Power and who realize the immeasurable value of that Contact in helping you to achieve Health, Success and Happiness, do not selfishly keep the Knowledge for yourself alone. Open to others the glad way you have trod. Tell them of that Infinite Power which will refresh and renew their lives and amplify their powers as it has done yours, and of the Knowledge contained in these pages of how that Universal Force can be contacted and used practically in daily life.

This work is exclusively Humanitarian. Its object is to help Humanity come into its own. You, as a member of the Great Human Family, will help yourself only in proportion as you help others. Therefore carry out the purpose of this Lesson in its broadest humanitarian aspect by spreading these Teachings among your Friends and Fellow Beings. In so doing you will be seconding the efforts of the author, whose energy and knowledge are not alone placed thus at the service of his Fellow Men, but who is reinvesting in the Work its financial proceeds in order to spread its enlightening influence as far as possible among Mankind. As he is making a constant and personal effort to bring this Knowledge home to you, so must you make a



corresponding effort to acquire it. Then teach others to do likewise.

This is a personal Course, not intended to be lent or given to others. Having been through it, you are aware of the necessity for acquiring it through your own efforts in order to value it and profit by it properly. You made the effort; let others do likewise. No one obtaining it without making the equivalent sacrifice will derive the benefit from it, nor will they escape paying the price in their own characters, though perhaps not in actual cash. They will have violated the Law of Compensation, and Laws of Nature permit no violation with Impunity.

The value you get out of anything is the value you put into it. All things in this World have a certain valuation, high or low in proportion to the effort and sacrifice you have to put forth to obtain them. It is a well known fact that the higher the price you have to pay for something, the greater the obstacle you have to overcome to possess it, the dearer it becomes to you and the more benefit and satisfaction you derive from it.

So for the advantage of those whom you wish to help and enlighten, tell them of this Course and what it did for you, but also impress on them the necessity for acquiring their own copy of it. Thus you will be benefitting both



your Friends and Yourself by observing the Principles explained in these Teachings.

EXERCISES

Continue to practice the Star Exercise regularly, morning and evening, ALL THE DAYS OF YOUR LIFE. This, with Relaxation, Silence, and the Mental Contact with Universal Life Energy, forms the vital foundation of all that you can hope to do in your life with the help of that Power. Then, whenever you feel the need of a specific Exercise, choose it from among the number given you and through it apply the Life Current to the strengthening of whatever part of your nature you think requires it most.

Bear in mind always that this Course is first and foremost a practical one. It is to be LIVED. Perform its Exercise daily, maintain a real living interest in the progress you are making through its help, and you will obtain real living results.

The special Exercise for this week, culminant one of the entire series, and for that reason most advanced of all, is SPIRITUALIZATION. In order to practice SPIRITUALIZATION proceed as follows:

After you have relaxed, entered into Silence and made the Contact with Universal Life Energy, concentrate



your thought on SPIRIT, on the Supreme Ideal. Do not try to give it concrete form and outline in your Imagination. That is impossible. Perceive it only as the Ideal, as Spirit, an abstract concept personal to each individual, and feel your Oneness with It. Rise through Inspiration into complete identity with It, shedding all consciousness of your limited Human Self, your human desires and aspirations.

Then gradually release yourself even from thought itself. Let your whole nature dissolve into an exquisite atmosphere of feeling. Sense through every fibre of your Being the Supreme Power surrounding you, protecting, strengthening and refreshing you, pulsating with an ever quicker and fuller beat within you. Cast loose the last thread of remembrance connecting you with mundane things and entrust yourself wholly to the gentle tide of that Power.

Soon an extraordinary sense of wordless Happiness, Peace and Strength will flush with living light the inner darkness in which you dwell. Sorrow, Discontent, Discouragement, all the sombre shadows which thicken within the confines of your human life, will melt before the sun of utter Harmony which dawns in placid splendor upon you. You will have attained the Highest it is possible to attain in your present State of Human Consciousness. You



will have become, for the time, consciously One with the Ideal, with Spirit, and you will have drawn into your life from each of those contacts such attributes of that Ideal as can be adequately suggested only by your own individual experience. Mind alone cannot convey any idea of them; it is too limited. They are of Spirit, and like Spirit they surpass all understanding.

QUESTIONS

1. What is the motive responsible for the agitation and unrest among the people of today.
2. What movement most vividly illustrates this motive?
3. What is the deeper significance of the conflict between the sexes?
4. Why have women until now been held in a subordinate position by men?
5. How are women proceeding to do away with this distinction?
6. What will be the result if men fail to make the proper countermove?
7. What is the proper counter-move?
8. What is the difference between Refinement and Effeminacy?
9. Explain the alarming increase in Evil today.



10. How does modern Humanity contrast with the Humanity of the Past?
11. What infallible recourse have you amid the trying times in prospect?
12. Has your study of this Course carried to you a sincere conviction of your duty to others with reference to it?

ANSWERS to LESSON TWENTY-SEVEN

1. The motive responsible for the agitation and unrest among the people of today is:
 Desire for Freedom.
2. The movement that most vividly illustrates this motive is:
 Feminism, lifting women to equal rights with men.
3. The deeper significance of the conflict between the sexes is:
 The conflict between the Love Principle, represented by women, and the Mind Principle, represented by men.
4. Women have until now been held in a subordinate position by men:
 Because they did not develop the mental side of their natures and were therefore unable to express strongly



enough to compete on equal terms with men, in whom the mental side was over developed.

5. Women are proceeding to do away with this distinction:
 By developing themselves physically and mentally and successfully invading occupations formerly restricted to men alone.
6. The result, if men fail to make the proper counter-move, will be:
 That the relations between men and women will be reversed, women dominating and men occupying an inferior position.
7. The proper counter-move is:
 For men to develop the neglected Love qualities of their nature in proportion as women develop the neglected Mind aspect of theirs.
8. The difference between Refinement and Effeminacy is:
 Refinement is Strength enhanced and tempered by Culture, while Effeminacy is Weakness proceeding from shallowness and poverty of Character.
9. The alarming increase in Evil today:
 Is due to the fact that modern people stir up and bring to the surface to be cast off the latent Evil that used to be repressed.



10. Modern Humanity contrasted with Humanity of the Past:
 Shows the vast improvement and progress of the Race in every direction, manifesting itself in better conditions of life, higher Standards, greater Powers, more knowledge and finer Morals.
11. Your infallible recourse amid the trying times in prospect is:
 Universal Life Energy.
12. Has your study of this Course carried to you a sincere conviction of your duty to others in reference to it?